



Sunday, July 5, 2009
Race starts at 8:00 A.M.

The Cycle And Fitness Firecracker Triathlon will take place at beautiful Jean Klock Park in Benton Harbor, Michigan. This sprint triathlon will feature a 1/4 mile swim, 11 mile bike and 3 mile run. It's a perfect event for both first-time triathletes and multisport veterans. Bring the family along for a great summer beach vacation in Southwest Michigan.

What: 1/4 mile swim, 11 mile bike, 3 mile run

Where: Jean Klock Park, Benton Harbor, Michigan

Who: Standard 5-year Male and Female age-groups, Clydesdale / Athena, Male, Female and Co-ed Relays

How Much: Age-group / Clydesdale / Athena - \$60 until Dec. 1, \$70 until May 1st, \$80 until July 3rd, \$100 on July 4th. Relays \$120 until May 1st, \$150 until July 3rd, \$180 on July 4th.

USA Triathlon: All participants must show proof of USA Triathlon membership or purchase a one-day license for \$10 at check-in.

Course: The 1/4 mile swim will take place in Lake Michigan. It will be a one-way swim with the current. Water temp will be between 64 & 72 Degrees. Wetsuits will be allowed under USA Triathlon rules. The bike course will be a 11 mile loop on rolling country roads. The run course will be flat on asphalt and cobblestone roads.

Refreshments: After-race food will include Pizza Hut Pizza, Gatorade and fruit.

Register online at: <http://www.firecrackertri.com>



Cycle And Fitness Firecracker Triathlon 2009 Race Application

Last Name		First Name		Male	Female	Birth Date (MM DD YY)		
<input type="text"/>		<input type="text"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Address (Street)						Age on race day		Division
<input type="text"/>						<input type="text"/>		<input type="checkbox"/> Age Group <input type="checkbox"/> Clydesdale / Athena
City		State	Zip	Area Code		Phone Number		
<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>		<input type="text"/>		
Email						Check payable to: Z Sports Marketing		
<input type="text"/>						\$ _____		
						Amt Enclosed		
						Mail to: 1006 Hamlin Ave, Howey in the Hills, FL 34737		

Liability Waiver: I, _____ (please print) desire to participate in the Cycle and Fitness Firecracker Triathlon. I realize that participation in this race carries with it a certain risk, and I fully assume any and all risks for my participation. Therefore, I, for myself, executors, administrators, heirs, next of kin, successors and assigns, waive and release anyone associated of affiliated with this event, Z Sports Marketing, from any and all claims, potential claims, damages, court costs and attorney's fees that may arise from my participation in the event. Furthermore, I agree to indemnify and hold harmless the Releasees for any damages from any such claims or damages due to loss or destruction of my personal property while at the event site or property.

Signature _____ Print Name _____ Date _____