



Lodi Duckling Triathlon for Ages 4-9

Join us for 1 day of training and a fun mini triathlon! The triathlon consists of swimming (in the Lodi Indoor Community Pool) 25 yards or less (you may wear a safety belt while swimming), a fun bike around the high school (ride on your tricycle, big wheel or regular bike), followed by a short running course.

A bike helmet is required for all ages.

Register by August 1 to receive your t-shirt!

Cost \$25

Training: August 17

6:00-7:30 pm

Swimming, biking, running and transitions

(Don't forget your bike, helmet, swimsuit and running shoes!)

Rules will be explained also

Triathlon: August 19

*Absolutely NO parents/guardians allowed
in transition at anytime*

Transition opens 7:30 am

Mandatory meeting 7:45 am

Race starts at 8:00 am

(Held at Lodi High School)



A SPECIAL WAIVER WILL NEED TO BE COMPLETED 1 OF 2 WAYS.

1. PRINT A COPY AND COMPLETE. PLEASE RETURN WITH THIS REGISTRATION FORM.

WWW.LODI.K12.WI.US CLICK ON COMMUNITY AND THEN CREW. CREW AND POOL FORM ON THE RIGHT SIDE OF WEBSITE!

2. REGISTER ON-LINE AND COMPLETE INFO FOR THE WAIVER ON-LINE

Any Questions Contact

592-1076

Mail Form to:

CREW

Attn: Heidi Endres

115 School St

Lodi, WI 53555

Method of Payment:

Check, Cash, register on-line

Participants Name:

Triathlon's Age: _____

T-Shirt Size (circle): Youth - M L

Parent Name

Address

Phone

Email

Parent Signature

Duckling Triathlon 2017