



# 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 23**

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 25**

*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](http://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 2018**