

# Mason Triathlon

Each spring Mason High School has held a triathlon for fun, to start getting in shape, and model fitness for our school community. All participation levels are welcome. Some individuals choose to complete one or two portions while others take on all three. Whatever your comfort level is, that is what you sign up to complete. In the past, two individuals have shared the swim, alternating 50's or 100's. **(Personal flotation devices are optional; however, flippers or motorized propulsion systems are not allowed.)** Others opt to walk instead of running the 5K. It doesn't matter, as long as you are out there having a good time. This is a non-profit event and all proceeds will be donated to purchase new flags and starting blocks for the pool.

When: Friday, June 8, 2018

Time: Approximate start times, **3:10, 3:25, 4:00 and 4:25** (This will allow for up to 88 participants which is our max). The bike & run/walk start will be at 3:40. You don't have to be done by a certain time; we are here until everyone comes in! The locker rooms are available before, during, and after.



Where: Mason High School! 1001 S. Barnes St. Mason, MI 48854  
We will start in the pool and have a guarded transition area just outside of the school for the bike and run transition.

Cost: \$30 - The price includes a Triathlon shirt (if paid by June 1st), pay for lifeguard, guard for transition area, and drinks during and after the race.

Events: Distances – 800-yard pool swim, 14-mile bike, and 5K run/walk  
We will swim two people per lane (they are wide) with a counter for lengths.

***If you are interested, please sign up now so plans can be made.***

***I need sizes and payment for the shirts by June 1st.***

**Disclaimer: In order to participate you need to have signed the liability waiver and wear a helmet (only on the bike section☺).**

Name \_\_\_\_\_ email \_\_\_\_\_ T-shirt size \_\_\_\_\_

I will email starting slots a week before S M L XL \$30 XXL \$35

**I would like to participate in:**

Triathlon (all 3 disciplines)  Bike and Run/walk  Swim and Bike

Swim and Run/walk  Swim only  Bike only  Run/walk only

Relay with \_\_\_\_\_ & \_\_\_\_\_ **Signature** \_\_\_\_\_

I can start at \_\_\_\_\_ p.m. 2nd choice \_\_\_\_\_ p.m. **Date** \_\_\_\_\_

Please print this off, sign and returned the bottom portion to Connie Cantrell at Mason High School, 1001 S. Barnes St., Mason, MI 48854. Please makes checks payable to Connie Cantrell.