

*NebraskaLand National Bank
Presents....*

The 3rd Annual

Tinker Triathlon

**Saturday, April 29, 2006
9:00 a.m.**



The 5th Annual

James O'Rourke Memorial Triathlon

**Sunday, April 30, 2006
8:30 a.m.**

**North Platte Rec Center
1300 McDonald Rd
North Platte, Nebraska**

James O'Rourke Memorial Triathlon
Trudy Merritt, Race Director
1300 McDonald Rd
North Platte, NE 69101

Triathlon Schedule of Events

Tri-101 Every Monday (excluding President's Day) for 12 weeks beginning January 30, 2006. Drop-in class. Focuses on swimming, but will cover other aspects of the sport. \$5.00 per class plus admission. Rec Center Pool

March 1, 2006 **NEW!** A triathlon website is now under construction! On-line registration should begin on March 1, 2006. Go to www.orourketriathlon.org for details and race rule information after March 1, 2006.

Saturday, April 22, 2006 **ENTRY DEADLINE! NO LATE ENTRIES ACCEPTED!**

Friday, April 28, 2006 Tinker Triathlon Early Packet Pick-up 6:00-8:00 p.m.

Saturday, April 29, 2006

Tinker Triathlon Race Day Packet Pick-up: 7:30-8:30 a.m.

Tinker Triathlon Mandatory Meeting and presentation of the John Guethlein Award courtesy of Lusk Heating and Air Conditioning: 8:30-9:00 a.m.

Tinker Triathlon: 9:00 a.m.

O'Rourke Triathlon Early Packet Pick-up: 4:00-5:00 p.m.

Triathlon Heart Health Clinic: 5:00-6:00 p.m. Rec Center Meeting Room

Family Pasta Party and Team in Training presentation: 6:30-8:00 p.m. Rec Center Gym \$5.00 per plate payable at the door. Pasta, garlic bread, fruit and drink. Join us for inspiration, entertainment, and friendship!

Sunday, April 30, 2006

O'Rourke Triathlon Race Day Packet Pick-up: 6:30-8:00 a.m.

Race Check-in: (all athletes must check in) 6:30-8:00 a.m.

Mandatory Pre-Race Meeting: 8:00-8:30 a.m.

Start time for 1st swim heat: 8:30 a.m.

Awards

Tinker Triathletes will receive a commemorative award and special gift bag which includes a t-shirt, fitness information for kids and special surprises. The Tinker Triathlon is non-competitive, so athletes wishing to know their finish time should keep their own time.

Triathlon Awards Individual prizes to the first overall male & female finishers in each division and to the members of the winning relay team. Medals to the top three finishers in each age group in each division of the O'Rourke Triathlon.

Tinker Triathlon Individual Divisions

Tiny Tinkers - \$15

Boys & Girls 6 yrs & under

25 yd. swim; ½ mile bike; ¼ mile run/walk

Terrific Tinkers - \$15

Boys & Girls 7-8 yrs and 9-10 yrs

50 yd swim; 2 mile bike; ½ mile run/walk

Tri-Tinkers - \$15

Boys & Girls 11-12 yrs and 13-14 yrs

100 yd swim; 4 mile bike; 1 mile run/walk

O'Rourke Triathlon Individual Divisions

Fitness - \$28

Men & Women 19 & under, 20-29, 30-39, 40-49, 50-59 & 60-69, 70 & over

For athletes who wish to improve fitness, first timers, or those who just want an experience!

500 yd swim/walk; 14 mile bike; 5K (3.1m) run/walk

Competitive - \$28

Men & Women 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69 & 70 & over

For athletes with some athletic experience or those who enjoy the challenge of competition

500 yd swim/walk; 14 mile bike; 5K (3.1m) run/walk

Tinker Triathlon Relay Divisions

Tiny Teams - \$45

All relay members must be 6 & under.

25 yd swim; ½ mile bike; ¼ mile run

Terrific Teams - \$45

All relay members must be 10 & under.

50 yd swim; 2 mile bike; ½ mile run/walk

Tri-Teams - \$45

All relay members must be 14 & under

100 yd swim; 4 mile bike; 1 mile run

O'Rourke Triathlon Relay Divisions

This division is for 2 or 3 member teams. The age group is determined by the total of all the team member's ages.

All Men - \$84

75 & under, 76-100, 101-150, 151 & over

All Women - \$84

75 & under, 76-100, 101-150, 151 & over

Co-ed - \$84

75 & under, 76-100, 101-150, 151 & over

Family - \$84

75 & under, 76-100, 101-150, 151 & over

Things to keep in mind...Be sure to read

Bicycle helmets are mandatory for both triathlons and must be buckled before leaving the transition area and cannot be removed until the bike is dismounted. Tinker Triathletes 6 & under may use an approved floatation device (life jackets or swim vests; NO water wings or other inflatables) and in-water assistance is allowed. Tinker Triathletes may have assistance from their parents. Four lanes will be used in the Tinker Triathlon and 6 lanes for the O'Rourke Triathlon, 2 swimmers per lane. In-water starts only! You will be seeded in heats according to the swim time you enter, slowest swimmers to fastest. There will be some traffic on the course, which is flat and out-and-back, so athletes must participate with their own safety in mind! All traffic regulations will apply. Estimated swim times MUST be included or your entry will not be processed! Entry fees must accompany mail-in entries. On-line entries are payable via mail or on race day. Pasta party is payable at the door. All waivers MUST be signed or you WILL NOT BE ENTERED IN THE TRIATHLON! Parents must sign for children under 19 years of age. Remember this is NOT a USTA sanctioned event. Applicable USTA rules do apply, including NO DRAFTING! Questions? Trudy Merritt; 308-535-6772 (work & voice mail), 308-963-4413 (home), 308-530-8679 (cell) MerrittTD@ci.north-platte.ne.us

NebraskaLand National Bank presents...
The 3rd Annual Tinker Triathlon, Saturday, April 29, 2006
And
The 5th Annual James O'Rourke Memorial Triathlon, Sunday, April 30, 2006

Individual Athlete Registration Form (please print legibly)

ALL information must be included & entry signed or your entry will not be processed!

Last Name: _____ First Name: _____

Address: _____ City: _____ State _____ Zip _____

Daytime Phone: _____ E-mail _____

Male Female (circle one) Age: _____ (as of 4/29/06 for kids, 4/30/06 for adults) ***DETERMINES AGE GROUP!**

Shirt Size: (circle one) youth small youth medium youth large adult small adult medium adult large adult XL adult XXL (\$3 extra)

Estimated Swim Time: (MUST BE INCLUDED WITH ENTRY!) _____

Entry Fee Enclosed \$ _____ (Make Checks payable to: **James O'Rourke Memorial Triathlon**)

Tinker Triathlon Divisions
(Circle one)

Tiny Tinker (6 yrs & under) \$15 Terrific Tinker (7-10 yrs) \$15 Tri-Tinkers (11-14 yrs) \$15

O'Rourke Triathlon Divisions
(Circle one)

Fitness (novices, less competitive, first timers) \$28 Competitive (experienced, likes being competitive) \$28

ALL PARTICIPANTS MUST READ AND SIGN. PLEASE READ CAREFULLY BEFORE SIGNING ACKNOWLEDGEMENT, WAIVER, AND RELEASE FROM LIABILITY. I acknowledge that a triathlon is a major test of a person's physical and mental limits and carries the potential of death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATION IN THE "NebraskaLand National Bank Tinker Triathlon and/or James O'Rourke Memorial Triathlon." I certify that I am physically fit, have sufficiently trained for this event, and have not been advised otherwise by a qualified medical person. My signature acknowledges that I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns: (a) I agree to abide by the rules of the competition (b) I waive, release, and discharge from any and all claims or liabilities for death, personal injury, property damages of any kind which may arise out of or relate to my participation in or my traveling to and from this event, the following persons or entities: North Platte Recreation Department and its employees, event sponsors, race directors, event producers, volunteers, the O'Rourke family, all states, cities, counties or localities in which the event segments are held, and the officers, directors, employees, representatives, agents, and family members of any of the above, (c) I agree not to sue any of the persons or entities mentioned above for any of the claims or liabilities that I have waived, released, or discharged herein; and (d) I indemnify and hold harmless the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions during this event. My signature also grants permission for my likeness to appear in promotional material. I HEREBY AFFIRM THAT I AM NINETEEN (19) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENTS.

Please print name: _____ Date: _____

Signature: _____
(For persons under the age of nineteen (19), a parent or guardian must sign)

Please complete this entire form, sign and return with registration fee to: Trudy Merritt, North Platte Rec Center, 1300 McDonald Rd, North Platte, NE 69101

Entry Deadline: April 22, 2006 NO LATE ENTRIES ACCEPTED!

Tinker Triathlon Relay Divisions
(Circle one)

Tiny Team (all members 6 yrs & under) \$45

Terrific Team (all members 10 & under) \$45

Tri-Team (all members 14 & under) \$45

O'Rourke Triathlon Relay Divisions
(Circle one)

All Male (\$84)

All Female (\$84)

Co-ed (\$84)

Family (\$84)

EACH RELAY TEAM MEMBER MUST READ AND SIGN! YOUR ENTRY WILL NOT BE PROCESSED WITHOUT ALL THREE SIGNATURES!!!

I acknowledge that a triathlon is a major test of a person's physical and mental limits and carries the potential of death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATION IN THE "NebraskaLand National Bank Tinker Triathlon and/or James O'Rourke Memorial Triathlon." I certify that I am physically fit, have sufficiently trained for this event, and have not been advised otherwise by a qualified medical person. My signature acknowledges that I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns: (a) I agree to abide by the rules of the competition (b) I waive, release, and discharge from any and all claims or liabilities for death, personal injury, property damages of any kind which may arise out of or relate to my participation in or my traveling to and from this event, the following persons or entities: North Platte Recreation Department and its employees, event sponsors, race directors, event producers, volunteers the O'Rourke family, all states, cities, counties or localities in which the event segments are held, and the officers, directors, employees, representatives, agents, and family members of any of the above, (c) I agree not to sue any of the persons or entities mentioned above for any of the claims or liabilities that I have waived, released, or discharged herein; and (d) I indemnify and hold harmless the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions during this event. My signature also grants permission for my likeness to appear in promotional material. I HEREBY AFFIRM THAT I AM NINETEEN (19) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENTS.

Swimmer

Please print name: _____ Date: _____

Signature: _____

(For persons under the age of nineteen (19), a parent or guardian must sign)

Cyclist

Please print name: _____ Date: _____

Signature: _____

(For persons under the age of nineteen (19), a parent or guardian must sign)

Runner/Walker

Please print name: _____ Date: _____

Signature: _____

(For persons under the age of nineteen (19), a parent or guardian must sign)

Please complete BOTH sides of this form, have all members sign, and return with registration fee to: Trudy Merritt, North Platte Rec Center, 1300 McDonald Rd, North Platte, NE 69101

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Team Registration Form (please print legibly)

ALL information must be included & entry signed or your entry will not be processed!

Relay Team Name: _____

Swimmer

Last Name: _____ First Name: _____

Address: _____ City _____ State _____ Zip _____

Daytime Phone: _____ E-mail _____

Male Female **(circle one)** Age: _____ (as of 4/29/06 for kids, 4/30/06 for adult) ***DETERMINES AGE GROUP!**

Shirt Size: **(circle one)** youth small youth medium youth large adult small adult medium adult large adult XL adult XXL (\$ 3 extra)

Estimated Swim Time: (MUST BE INCLUDED WITH ENTRY!) _____

Cyclist

Last Name: _____ First Name: _____

Address: _____ City _____ State _____ Zip _____

Daytime Phone: _____ E-mail _____

Male Female **(circle one)** Age: _____ (as of 4/29/06 for kids, 4/30/06 for adult) ***DETERMINES AGE GROUP!**

Shirt Size: **(circle one)** youth small youth medium youth large adult small adult medium adult large adult XL adult XXL (\$ 3 extra)

Runner/Walker

Last Name: _____ First Name: _____

Address: _____ City _____ State _____ Zip _____

Daytime Phone: _____ E-mail _____

Male Female **(circle one)** Age: _____ (as of 4/29/06 for kids, 4/30/06 for adult) ***DETERMINES AGE GROUP!**

Shirt Size: **(circle one)** youth small youth medium youth large adult small adult medium adult large adult XL adult XXL (\$ 3 extra)

Team

Entry Fee Enclosed \$ _____ **(Make Checks payable to: James O'Rourke Memorial Triathlon)**

REVERSE SIDE MUST BE COMPLETED ALSO!