

Great Plains Regional Medical  
Center & the North Platte  
Recreation Department

# Iron Horse TRIATHLON 2006

**Saturday  
August 12, 2006  
7:30 a.m.**

Packet Pickup & Check-in  
Starts at 6:00 a.m.

Cody Park Pool  
1402 N. Jeffers  
North Platte, Nebraska

*The Faces of Fitness!*

## GREAT DISTANCES!

### SPRINT

(includes fitness, competitive, relay divisions)

Swim/Walk	500 Meters	Outdoor 50 M pool
Bike	15 Miles	Flat with several hills HELMETS REQUIRED!
Run/Walk	5 Miles	Mostly flat course

### SUPER SPRINT

(includes fitness, competitive, relay & youth  
individual and youth relay divisions)

Swim/Walk	200 Meters	Outdoor 50 M pool
Bike	8 Miles	Flat course HELMETS REQUIRED!
Run/Walk	2 Miles	Flat course

## MORE AGE DIVISIONS

**SPRINT:** (male & female) 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over

**SUPER SPRINT:** (male, female, youth age groups) 10 & under, 11-13, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over

**RELAY:** (male, female, coed; total of team ages) 80 & under, 81-160, 161 & over

## ENTRY FEES

Individuals	\$28
Relays	\$84
Youth 14 & under	\$18

Absolutely NO late entries will be accepted! Entry fees MUST be included with registration, and registration MUST be signed! Make checks payable to Iron Horse Triathlon.

## IMPORTANT REGISTRATION NOTES

Entry forms MUST be signed

Swim heat will be based on entry swim time. Estimated swim time MUST be included with your entry, or you will be entered in the slowest heat.

Entry MUST designate division: Individual fitness or competitive. If you do not designate a division, you will be entered in the competitive division.

Relay Teams MUST submit form with a signature for each member

You MUST include entry fee with entry or your entry form will be returned.

This race is about PARTICIPATION. The distances were shortened to encourage EVERYONE to join us! Mandatory Race Meeting at 7:00 a.m. in front of pool.

## AWARDS

Medals will be awarded for 1st-3rd in each division (fitness, competitive, relay) in each age group. Special awards will be awarded to the overall male, female & relay winner in both sprint & super sprint races.

**For more information contact:**

Trudy Merritt  
Phone: 308-535-6772 or 308-535-6717  
Fax: 308-535-6776  
MerrittTD@ci.north-platte.ne.us

## ENTRY FORM

(PLEASE PRINT CLEARLY!)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY STATE ZIP

PHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

AGE: \_\_\_\_\_ (as of 8/12/06)

PLEASE CIRCLE: ALL OF THE REQUIRED INFORMATION  
MUST BE INCLUDED. OR YOUR ENTRY WILL BE RETURNED!

SEX: MALE FEMALE

DISTANCE: SPRINT SUPER SPRINT

DIVISION: FITNESS COMPETITIVE RELAY

ESTIMATED SWIM TIME (REQUIRED!) \_\_\_\_\_

SHIRT SIZE: YL S M L XL XXL  
(If you do not include a shirt size, you will be given a L)

### RELAY TEAM MEMBERS:

(All relay members MUST sign waiver or it will not be processed!)

SWIMMER \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

CYCLIST \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

RUNNER/WALKER \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

TEAM NAME \_\_\_\_\_

Make checks payable to **IRON HORSE TRIATHLON.**

**Submit (must be postmarked by 8/8/06) to:**

Trudy Merritt  
1300 McDonald Road  
North Platte, NE 69101

Total Enclosed: \_\_\_\_\_



# PARTICIPATION WAIVER

ENTRY CANNOT BE ACCEPTED  
WITHOUT SIGNATURES BELOW!

**EACH RELAY MEMBER MUST SIGN WAIVER!**

Individual athletes sign first line.

In consideration of your acceptance of my entry fee, I hereby, for myself, heirs, and executors, waive and release any and all rights and claims for damages against GPRMC, NP Rec Department, City of North Platte, State of NE, the meet officials, volunteers, sponsors and donors for death or any injuries suffered by me in connection with this event. I further certify that I am in good enough physical condition to participate in this event. My signature also grants permission to use my likeness in promotional material.

Signature (if under 19, signature of parent/guardian)

Date \_\_\_\_\_

Signature \_\_\_\_\_ (relay)

Signature \_\_\_\_\_ (relay)

Signature \_\_\_\_\_ (relay)

# ENTRY DEADLINE: AUGUST 8, 2006

ENTRIES WILL NOT BE ACCEPTED AFTER:

# HOTEL INFORMATION



**This year our host hotel will be  
Quality Inn & Suites.**

This outstanding hotel has reserved a block of rooms just for our athletes. You must call before July 28th to receive these special rates. Each guest is treated to a delicious hot breakfast. Just off I-80 & Hwy. 83. Standard Room (1-4 people) \$65.00 + tax 2-Room Suites (1-6 people) \$99.00 + tax 1-800-760-3333 or 308-532-9090 You must mention "Iron Horse Triathlon" to receive this special rate.

**Early Race Packet Pick-up available  
at the hotel Friday, August 11th  
from 1:00-5:00 p.m.**

# PASTA DINNER

Friday, August 11, 2006  
Cody Park Shelter  
6:30 - 8:00 p.m.  
Dinner includes: pasta, a variety of sauces, fruit salad, bread sticks and a drink.  
\$5.50 per plate, payable at the door

**SPECIAL GUEST ENTERTAINMENT!!!**

**Up with People**

Please bring the family and join us for this special night.

PRSR# STD  
U.S. POSTAGE  
PAID  
NORTH PLATTE NE  
PERMIT NO. 107

north platte

# RECREATION DEPARTMENT

GPRMC Iron Horse Triathlon  
Trudy Merritt, Race Director  
North Platte Rec Center  
1300 McDonald Road  
North Platte, NE 69101

Great Plains Regional Medical Center



Great Plains Regional Medical Center

presents

The 3rd Annual

# Iron Horse TRIATHLON 2006

Sprint &

Super Sprint Distances...

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