

3rd Annual LEWIS & CLARK Sprint Triathlon



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Chamberlain-Oacoma
Chamber of Commerce
and River Cities Fitness Club

RACE TIME/LOCATION: The 3rd Annual Lewis and Clark Sprint Triathlon will be held **Saturday, August 19, 2006**, in Chamberlain, South Dakota. The race will begin at 8:30 AM at the American Creek Campground swimming area (located at the North end of Chamberlain, on North Main Street, right along the river). **Registration and timing for this event is being done by All Sport Central and Champion Chip timing, so early on-line registration by individuals and teams is appreciated.**

RACE COURSE: The race course is a beautiful, challenging out and back course (1/4 mile swim, 12 mile bike, 5k run). From the shore of American Creek swimming beach, racers will swim an open-water ¼ mile. The bike will begin from the swimming beach parking lot and proceed north out of Chamberlain. Racers will then turn east and ride approximately 5 more miles out before turning around and heading back to American Creek. From the swimming beach parking lot, runners will then race through Barger Park toward the Missouri River's Lake Francis Case and over the historic Old Highway 16 Bridge. On the Old Highway 16 causeway, runners will hit the turnaround and head home to the American Creek swimming beach parking lot for the finish.

AWARDS/PRIZES: A \$50 prize and trophy will be awarded to the overall male and female winners. Awards will be given for the top 3 finishers in each of the male and female age groups: 19 & under, 20-29, 30-39, 40-49, 50-59 and 60+. All first time triathlon finishers will receive a medal. Racing hats will be given to all participants. All registered runners will be eligible for our many door prizes! Teams of 3 can compete in age divisions of: combined age under 100 and combined age over 100 (teams can be all men, all women, or co-ed). A \$75 cash prize will be awarded to the top team in each category, along with individual awards for its members.

REGISTRATION: Register at www.allsportcentral.com. Registration links are provided through the Chamberlain website (www.chamberlainsd.org). Early registration (through 5 PM on August 14) cost is \$25 for individuals and \$60 for teams. Late registration (after August 14) cost is \$35 for individuals and \$75 for teams. There will be a packet pick-up Friday evening from 6 to 8 PM at Cedar Shore Resort. Race day packet pick up and late registration will be from 6:30 to 7:30 AM at American Creek. The event mailing address is c/o Steve Wahl 115 Summit Drive Chamberlain, SD 57325.

RULES AND REQUIREMENTS: No fins, paddles, snorkels or floatation devices are allowed. Body suits must be sleeveless. Shoulders must be uncovered for race numbers. Swim caps must be worn. Helmets are required while riding the bike. Participants may walk the bicycle at any time and must follow traffic laws at all times. No drafting of another bicycle or any other vehicle is allowed. Running, walking, or crawling is allowed on the run portion of the race. Race numbers must be displayed at all times.

PLEASE GIVE SERIOUS THOUGHT TO THIS EVENT BEFORE ENTERING. ADEQUATE TRAINING IN ALL THREE AREAS IS IMPORTANT.

OTHER: Many other events and attractions are available in the Chamberlain-Oacoma area including Old West Trading Post Flea Market, boat/jet ski rentals at Cedar Shore Resort, Akta Lakota Museum, I-90 Interpretive Center, Roam Free Park, SD Hall of Fame and great shopping and dining.

INFORMATION: For more info call Steve Wahl at (605) 234-0362 or the Chamber at (605) 734-4416 (chamber@chamberlainsd.org). See our website at www.chamberlainsd.org.

ENTRY FORMS

NAME _____ SEX _____ AGE _____ RACE # _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE NUMBER _____

Is this your first triathlon? YES NO

I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Chamberlain Area Chamber of Commerce, Fitness Council, the cities of Chamberlain and Oacoma, Cedar Shore Resort and any facility or individuals associated with this event for any and all injuries which may be suffered by me in connection with my participation in this event. I certify that I am in proper physical condition to participate in this event.

Signature _____ Date _____
(parent signature required if under 18 years old) (use the additional forms on back for group entries)

NAME _____ SEX _____ AGE _____ RACE # _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE NUMBER _____

Is this your first triathlon? YES NO

I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Chamberlain Area Chamber of Commerce, Fitness Council, the cities of Chamberlain and Oacoma, Cedar Shore Resort and any facility or individuals associated with this event for any and all injuries which may be suffered by me in connection with my participation in this event. I certify that I am in proper physical condition to participate in this event.

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NAME _____ SEX _____ AGE _____ RACE # _____
STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE NUMBER _____

Is this your first triathlon? YES NO

I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the Chamberlain Area Chamber of Commerce, Fitness Council, the cities of Chamberlain and Oacoma, Cedar Shore Resort and any facility or individuals associated with this event for any and all injuries which may be suffered by me in connection with my participation in this event. I certify that I am in proper physical condition to participate in this event.

Signature _____ Date _____
(parent signature required if under 18 years old)

-----RACE