



# TRAIN MOTIVATE CHALLENGE

**Wellness Biathlon**  
**Saturday, May 17th**  
**Beloit Memorial Hospital**

Participation and training for multi-sport events allows you to train in different ways, change workout routines, and face new challenges. This reduces burnout, prevents injuries, increases weight loss, and raises levels of confidence and motivation.



## 25th ANNUAL WELLNESS BIATHLON

19 and under     20 - 29     30 - 39     40 - 49     50 - 59     60 - 69     70+  
 Clydesdale     Athena

Team List/Additional Team Members

1. \_\_\_\_\_ DOB \_\_\_/\_\_\_/\_\_\_    2. \_\_\_\_\_ DOB \_\_\_/\_\_\_/\_\_\_

T-shirt Size: S   M   L   XL   XXL   Sex: M of F (circle one)

Participant Name: \_\_\_\_\_ Parent Guardian Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

### Release of Responsibility

In consideration of the acceptance of my entry for my participation in the Beloit Wellness Biathlon, I, the undersigned, intending to be legally bound for myself, my heirs, my executors, and my administrators, do hereby waive and release any and all individuals, corporations, associations, municipalities, and county government which participate in the promoting, staging and management of this event, including, but not limited to the Stateline Family YMCA, Beloit Memorial Hospital, Town of Beloit and the City of Beloit, their trustees, employees, and agents, from any and a damages, injury, or sickness, that may be suffered as a result, whether direct or indirect, of my participation in the 2014 Beloit Wellness Biathlon.

\_\_\_\_\_  
Signature (Parent or Guardian will need to sign if participant is under 18)

\_\_\_\_\_  
Date

**DISTANCE:** Run 2 miles - Bike 11 Miles - Run 2 Miles

**START TIME:** 9:00 a.m. (Heats of 50 people every 2 min. Heat:1 9:00 a.m. "Elite" heat  
Team Event is the last heat

\*No Special requests for heats will be allowed for Race Day registrations except the "Elite" Heat.

**LOCATION:** Beloit Memorial Hospital, - 1969 W. Hart Road, Beloit, Wisconsin

**ENTRY FEE:** **Individual:** \$40 before May 17, \$50 Race Day.  
**Team:** \$90 before May 17, \$110 Race Day.

Make check payable to the Stateline Family YMCA. Fee must accompany entry form. Fee includes a Tech shirt and refreshments. (No refunds) There is no guarantee on availability of shirt sizes for registrations received on or near race day.

**REGISTER:** Registration Deadline: 8:45 a.m. on Race Day.

Limit - 300 participants Awards - Trophies to overall male/female 1st place finishers (not eligible for age division awards). Awards to 1st-3rd place in each age division (male/female). Awards to 1st-3rd place finishers in the Clydesdale & Athena Divisions.

**HOSPITALITY:** Hospitality will be provided to all participants throughout event.

Packet Pickup: Includes race numbers, pins, and T-shirt. Friday, May 16th 11 a.m. -2 p.m. at the Stateline Family YMCA Race day packet pickup: 7:30-8:30 a.m. at Beloit Memorial Hospital.

**IMPORTANT:** BICYCLE HELMETS ARE REQUIRED! Race officials reserve the right to remove any entrant for safety reasons. Water is available along the course.