

# Lake Macatawa Triathlon

## 2007

JUNE 9, 2007

1.5 MILE SWIM 4.8 MILE RUN 72.8 MILE BIKE

For more race information call:  
(616) 395-0178 or e-mail [darrind@hct.holland.mi.us](mailto:darrind@hct.holland.mi.us)



For course maps, sponsor information, and special offers go to:  
[www.hct.holland.mi.us](http://www.hct.holland.mi.us)

For Holland area information call:  
Holland Convention and Visitors Bureau  
616.394.0000 or 1.800.506.1299  
OR Visit their website at [www.holland.org](http://www.holland.org)

RACE: Lake Macatawa Triathlon

DATE: Saturday, June 9, 2007

START TIME: 7:30am

LOCATION: Dunton Park on Howard Avenue

ENTRY FEE: \$50.00/Individual & \$105.00/relay team if received by May 31, 2007  
\$60.00/Individual & \$120.00/relay team if received after May 31, 2007

\*Participants must be registered by June 1, 2007 or the first 400 participants to enter.

\*Entries can be mailed to the following address:

LAKE MACATAWA TRIATHLON  
P.O. BOX 8127  
HOLLAND, MI 49422.

Payment must accompany form

You can register on-line @ [www.classicrace.com](http://www.classicrace.com) beginning February 1, 2007

COURSE INFO: \*Swim course is a half mile triangle-shaped course in Lake Macatawa

\*Bike course is a 22.8-mile out and back with part of it following the Lake Michigan shoreline. It's a basically flat course with some shaded areas

\*Run course is a 4.8 mile out and back course featuring a select number of inclines

PACKET PICKUP: Will be held at CROSS COUNTRY CYCLE located 345 Douglas Avenue in Holland Township, on Friday, June 8 from 2pm-9pm and on Saturday, June 9, from 6am-7am at Howard B. Dunton Park

CORPORATE TEAMS: Corporate trophy competition-Send all registrations in one packet with a list of 3 or more people from your company on letterhead signed by a company representative (no relay teams). Fastest three times will be totaled

RELAY TEAMS: Each team member must complete an entry form. Two or three person teams are offered. Send all entry forms in one packet. Relay divisions include coed, male, female, & wheelchair (no age groups)

AGE GROUPS: 14-19 20-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65 & over

TIMING & RESULTS: Provided by CLASSIC RACE MANAGEMENT. Results will be posted as soon as possible after the last participant has finished (appx. 12:15pm).

Full results available at [www.classicrace.com](http://www.classicrace.com)

#### CHAMPIONCHIP REQUIREMENTS:

- DO NOT forget your chip on race day, NO CHIP, NO TIME
- Chips are non-transferable and MUST be worn only by the participant to whom it is assigned.
- Securely fasten the ChampionChip to your running shoe
- DO NOT run with the ChampionChip in your hand or any place other than your shoe
- DO NOT cross the finish line, twice
- DO NOT lose your chip; you will be charged a \$30.00 fee if the assigned Black ChampionChip is not returned
- ChampionChip owners must register their Yellow chip with the event
- Additional chip details and attachments instructions will be in your packet (Retrieval bins for Black ChampionChips will be at each Aid station and the Finish Line)

#### CHAMPIONCHIP TIMING SYSTEM:

The ChampionChip System is a state of the art timing system. Your chip has embedded in it a unique code that is attached to your shoe. Each chip interacts with sensor mats laid out at the finish line to record your exact time and place

#### AWARDS:

Cash prizes to overall winners. All participants will receive a 2007 Lake Macatawa Triathlon t-shirt and all participants present at the awards ceremony are eligible for drawings. The awards ceremony will take place in the park at the conclusion of the event. Awards will be given to 1st thru 4th overall male and female, overall male and female masters and grand masters, the top three in each age division, the top relay teams, and corporate teams

RACE DIRECTOR: Darrin Duistermars (Ph. - 616-395-0178, E-mail - [darrind@hct.holland.mi.us](mailto:darrind@hct.holland.mi.us))

2007 LAKE MACATAWA TRIATHLON (Entry Form MUST be signed)

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Sex \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Birthday \_\_\_\_\_

Relay Teams (Please Circle one item in each column)

2 Person	Male
3 Person	Female
Chariot	Coed

Adult Shirt Size (Circle One):      Medium      Large      Extra Large      Double X

ChampionChip Information (Please check and/or complete the appropriate line):

\_\_\_\_\_ I own my own ChampionChip. My Number is \_\_\_\_ \_

\_\_\_\_\_ I will be using the chip provided by the race and will return it after the race is concluded. I understand that I will be assessed a \$30.00 fee if the chip is not returned

IN CONSIDERATION OF THE FOREGOING, I FOR MYSELF, MY HEIRS, EXECUTORS, & ADMINISTRATORS WAIVE & RELEASE ANY & ALL CLAIMS FOR DAMAGES I MAY HAVE AGAINST ANY OF THE SPONSORS OR ORGANIZERS OF THIS EVENT FOR ANY & ALL CLAIMS OF DAMAGES, DEMANDS, & ACTIONS WHATSOEVER WHICH MAY ARISE AS A RESULT OF MY PARTICIPATION IN THIS EVENT. I REALIZE THAT THERE IS INHERENT DANGER INVOLVED IN TRIATHLONS & AM WILLING TO ASSUME FULL RESPONSIBILITY FOR MY PARTICIPATION. I ATTEST & VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION IN THIS EVENT. FURTHER, I GRANT FULL PERMISSION TO ANY & ALL OF THE FOREGOING TO USE MY LIKENESS TO ANY OURPOSE WHATSOEVER.

*Signature* \_\_\_\_\_ *Date* \_\_\_\_\_

*Guardian Signature (if under 18)* \_\_\_\_\_ *Date* \_\_\_\_\_

# Host Location for Packet Pickup!!



345 Douglas Ave.  
Holland, MI 49423

