

## The Main Events:

Youth Tri Saturday 2-4pm  
 Youth Awards Sat 7-8  
 Adult Tri Sunday 9-11  
 Adult Awards Sun 11-1

**C.L.A.W. Youth Triathlon** will include a .8K kayak paddle, 5K mountain bike ride, and 1.6K trail run. Participants may be individuals who tackle all three legs or teams of youth who each perform one leg.



### C.L.A.W. Adult Triathlon



includes a 3K kayak paddle, 20K mountain bike ride, and a 5K trail run. It also may be accomplished individually or as a team.

**“Touring” Event** available for those who wish to participate in a non-competitive triathlon experience (see website for more information).

### Awards:

- First 3 overall male and female finishers.
- Top 3 finishers in each age division (Adults: 18-29, 30-39, 40-49... Youth: 8-10, 11-13, 14-17)

**A Campfire** will take place at the amphitheater directly after the youth awards ceremony which begins at 7 pm on Saturday.



## Kayaking Workshop:



This workshop is mandatory for all youth participating in the kayaking leg of the triathlon. It is also open to adults. This will take place Saturday, 10am - 12pm

## Activities and Childcare:

Local Girl Scout Troops are providing supervision for children of adult triathlon participants. Care for children ages 2-8 must be arranged two weeks prior to race day. Youth ages 9 and up may be registered for activities and care on race day, but pre-registration is preferred. (See our website for a list of activities.)



## Accommodations:

Clear Lake has a limited number of cabins with bunk space available. Options include: \$15 for a bunk, \$30/family of four in a shared cabin, \$75 for half a shared cabin, \$100 for a private cabin. There are also a number of campsites available for \$10/site. Prices are per night. No campfires or cooking are allowed at these sites. However, there is a fire ring at the amphitheater and camp stove cooking is permitted in the picnic table area. For those who don't want to cook, we have a meal plan available that includes 2 continental breakfasts and one Pasta Feed. Lunches are still the responsibility of participants. There are hotels located in nearby Shingleton, Munising or Manistique (see website for listing). Campsites are also available at nearby Colwell Lake Campground.

## Event Sign Up

Choice of Event/Lodging:	Number of people	Price* (per person)	Price
<input type="checkbox"/> Youth Triathlon (12 and under)		\$20.00	
<input type="checkbox"/> Adult Triathlon		\$35.00	
<input type="checkbox"/> Non-Competitive Touring Event		\$15.00	
<input type="checkbox"/> Kayaking Workshop (required for youth)		\$ 5.00	
<input type="checkbox"/> Youth Meal Ticket (12 and under)		\$20.00	
<input type="checkbox"/> Adult Meal Ticket		\$25.00	
<input type="checkbox"/> Tent Site		\$10.00	
<input type="checkbox"/> Cabin Space _____ (Please indicate single, family, half cabin, or full cabin - see info.)		\$ 15.00 \$ 30.00 \$ 75.00 \$100.00	

Subtotal: \_\_\_\_\_  
 Total: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Phone \_\_\_\_\_

Participants: name, age as of 06/25/10, gender

- \_\_\_\_\_ M F  
 \_\_\_\_\_ M F  
 \_\_\_\_\_ M F  
 \_\_\_\_\_ M F



Print Parent or Guardian Name (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_

**\*Race Fees increase 10% after June 17, 2010 registration deadline.**  
**Same Day registration accepted up to 1 hour before race start time.**