



The Wyckoff Family YMCA & The Wyckoff-Midland Park Rotary Club Present



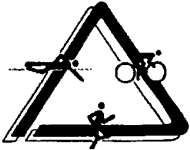
The 23rd Annual Wyckoff/Franklin Lakes Triathlon



Wetsuits
Encouraged!

T-Shirts!

Prizes!



Saturday, June 18, 2005

Check In: 5:30 am, Race Begins 7:00 am

Held at: The Indian Trail Club at Franklin Lakes, New Jersey



Computerized Timing with Split Times Using the Champion Chip
Timing System from CompuScore!!

Clydesdale Division for Men / Athena for Women!! (Men over 190 lbs. /Women over 150 lbs.)

Swim 1/2 Mile Bike 17 Miles Run 5 Miles



Top Three Male and Female Overall Finishers Get Free Entry in Next Year's Race!
Special Awards for Fastest Swim, Bike, and Run Times (Male and Female)!
Special Award for Fastest First-Time Triathletes (Male and Female)!

Post-Race Award Ceremony at 9:45 a.m.

Trophies to the top 3 men & women overall, the top 3 men Clydesdale and women Athena finishers, and the 1st, 2nd, and 3rd place relay teams. Trophies will also be awarded to the 1st, 2nd, 3rd place male & female winners in each age category.

ATTENTION RELAY TEAMS: EACH MEMBER of a relay team must complete and sign a separate form in ink. Team applications must be submitted together in one envelope with team payment.

Notes: Race packets should be picked up prior to race day at the Wyckoff Family YMCA, 691 Wyckoff Avenue, Wyckoff, NJ between June 11-16 during regular business hours and on Friday, June 17 from 9:00 am—6:00 pm. **Event subject to cancellation due to weather conditions. Due to the nature of the event, we are unable to issue refunds. NO RACE DAY REGISTRATIONS!** For the safety of all athletes, registration will close on Friday, June 3, OR upon maximum registration of 800 participants, whichever comes first. If water temperature is below 66 degrees, wetsuits will be required. Please note: **Champion Chips must be returned at the end of the race.**

All submissions must have an **ORIGINAL SIGNATURE**. Copied or faxed signatures are **NOT ACCEPTABLE**.

(Feel free to duplicate the form itself, but all registrations must have an original signature in ink.)

Wyckoff Triathlon 2005 Official Entry Form

For Official Use Only:

Race Number: _____

PLEASE PRINT and return with checks made payable to:

The Wyckoff Family YMCA, P.O. Box 203, Wyckoff, NJ 07481.

For more information, call 201-891-2081, email krisp@wyckoffymca.org, or check the Y's website at www.wyckoffymca.org

Last Name _____ First Name _____ M.I. _____

Street _____ City _____ St _____ ZIP _____

D.O.B. _____ Sex: M F Work Phone _____ Home Phone _____ Age at 6/18/05 _____

Email Address: _____ Shirt Size: S M L XL This is my first Triathlon EVER. Y N (circle one)

Entering as (circle one): Individual Team Clydesdale Elite*

*Wyckoff Tri—(Old Course) Men: 1:35 or better, Women: 1:40 or better. (New Course) Men: 1:40 or better, Women 1:45 or better. Athletes in Elite wave will qualify for age-group awards. *Other Tri—List Best Finish, Race Name, Date, and Race Time: _____

If you are entering as a team, list your teammates: _____

| | Before 5/13/05 | After 5/13/05 |
|----------------|----------------|---------------|
| Individual Fee | \$70.00 | \$80.00 |
| Relay Team Fee | \$110.00 | \$125.00 |

Please make checks payable to the Wyckoff Family YMCA.

Amount Enclosed: \$ _____

PLEASE READ CAREFULLY BEFORE SIGNING: In consideration of the acceptance by sponsors of my entry in the Wyckoff Triathlon, I _____ for myself, my heirs, executors and administrators hereby discharge The Wyckoff Family YMCA, The Wyckoff/Midland Park Rotary Club, the Indian Trail Club, Inc., Urban Farms, Inc., Bergen County Police Dept., Township of Franklin Lakes, Township of Mahwah, Bergen County Parks Department, their officers, directors, shareholders, the towns, county, state and/or district where the competition is held and all sponsors and producers of this event, their agents, representatives, successors and assignees, from all liabilities, actions, claims, demands, damages, costs and expenses, which I may now or in the future have against them or any of them arising out of my participation in the above mentioned Wyckoff Triathlon, including but not limited to all injuries that may be suffered by me. I attest and verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the Triathlon distances mentioned above and that no physician or other qualified individual has advised me against competing in any portion of the Triathlon series, or the entire series itself, or any such similar activity. I grant my permission to all the foregoing to use photographs, motion pictures, recordings or any other record of my participation in the Triathlon for any legitimate purpose without remuneration.

ENTRANT'S SIGNATURE _____ DATE _____ SIGNATURE OF PARENT OR GUARDIAN (IF Under 18) _____

Official Rules for the Race:

1. All participants must wear helmets while cycling. You will not be permitted to compete without a helmet.
2. Your race package includes one T-shirt, one bathing cap, one pair of numbers and safety pins.
 - A. Cyclists must attach the number to the cross-bar on the bike.
 - B. Runners must wear number on the front.
 - C. Numbers must be visible at all times.
3. Traffic laws must be followed (i.e., stop signs, lights, law enforcement). Public roads being used for the course are being shared with automobile traffic. Violators will immediately be disqualified and removed from the race. Any competitor who violates the law or disregards the instructions of any race official will be disqualified and immediately removed from the race.
4. Assistance from people other than race officials is prohibited. Please instruct family and friends not to escort you or follow you around the course. **It is the responsibility of each competitor to know the race course. We highly recommend familiarizing yourself with the course prior to race day.**
5. Race officials are posted throughout the course to provide directions and monitor compliance with traffic laws. **THE COURSE WILL CLOSE DOWN 3 HOURS AFTER THE START OF THE RACE.**
6. **DRAFTING IS NOT ALLOWED. Violation of this rule will result in penalties or immediate disqualification.**
7. Runners, bikers and swimmers must maintain their position in the finish chutes after crossing the finish lines.
8. All swimmers must wear swimsuits, biking shorts, or tri-suits and bathing caps. Swimmers will be numbered on both shoulders as they enter the beach.
9. Swimmers may not wear snorkels, fins or flotation devices. Goggles and wet suits are permitted.
10. For your safety, swimmers will start in five groups at approximately 2-minute intervals according to your age group. Swimmers must maintain adequate separation to prevent contact with another swimmer. Willfully or intentionally delaying another swimmer could result in disqualification. Finish times will be adjusted. **(Each of the five groups is assigned a unique bathing cap color. Please do not change caps as it would interfere with the timing).**
11. Swimmers wishing to change clothes must use the facilities provided after passing through the chute. Public nudity is prohibited.
12. Athletes only are permitted in the bike corrals.
13. Cyclists must keep to the right (with normal traffic flow) and runners must keep to the left (facing normal traffic flow). Wide turns are prohibited.
14. Upon completion of the bike course, cyclists must dismount and walk into the transition area. Assistance will not be available for securing your bike. You must park your bike in the assigned space.
15. You are advised to arrive early and walk through the transition areas. **RACE STARTS PROMPTLY AT 7:00 AM. Course will be closed at 10:00 AM.**
16. Park in designated areas only. Do not park on roads or in shopping center lot.
17. **NO ALCOHOLIC BEVERAGES, COOKING GRILLS, OR PETS PERMITTED IN RACE AREA OR PARKING LOT.**
18. **NO UNAUTHORIZED BANNERS, POSTERS, OR ADVERTISEMENTS.**
19. **Timing chip needs to be picked up on race day no later than 6:30 AM, and returned upon completion of the race.**

| | |
|---|---|
| <p>Swimming Course—1/2 Mile Swim left turn pattern around both buoys. Exit through chutes.</p> | <p>Running Course—5 Miles Run against traffic—Left side</p> |
| <p>Biking Course—17 Miles Bike with traffic—Right side</p> | <p>BIKE CORRAL—Follow signs to Wyandote RIGHT—Scioto LEFT—Mohawk LEFT—Seneca LEFT—Navaho RIGHT—Scioto LEFT—High Mountain THRU Circle—CAUTION! LEFT—Terrace Road LEFT—Summit LEFT—Colonial LEFT—Franklin Lakes LEFT—Longbow RIGHT—Feather Lane LEFT—Franklin Lakes RIGHT—Wyandote RIGHT—Finish Line (Gate House)</p> |
| <p>Proceed from lake to bike corral. Follow signs to exit bike corral. RIGHT—Wyandote LEFT—Scioto RIGHT—High Mountain Road LEFT—Ewing Avenue LEFT—Franklin Avenue RIGHT—Old Mill RIGHT—Pulis LEFT—Campgaw Road continue up to Campgaw Reservation LEFT—Into Campgaw to turn around at cul-de-sac BACK—to Campgaw Road RIGHT—Campgaw Road RIGHT—Pulis RIGHT—Franklin Avenue LEFT—Colonial LEFT—Franklin Lakes Road RIGHT—Wyandote and into Bike Corral</p> | <p>Free T-Shirt for Volunteers! If any family members or friends are willing to help out on race day, please have them contact the Y at 201-891-2081 no later than May 31st.</p> |