

For Your Information...

Who Can Participate?

Anyone who is at least 12 years of age on race day.

Team Competition?

A 3 person team may be co-ed, all female, or all male.

Individual Competition?

Categories will be divided by age and sex.
12-19; 20-29; 30-39; 40-49; 50 & over

Entry Fees?

\$20 student (individual 12-19)

\$25 individual

\$50 Team

- ❖ Late entries accepted until 8:00 am on race day, \$5.00 surcharge on the day.

Event limited to 200 contestants

Race will proceed rain or shine!

Will be delayed for lightning only!

To ensure a t-shirt on the day,

please have your entry in by May 25, 2005

Check us out at

www.takemebackfest.com

Early race packet pick up

at City Park function room

Friday 6:00 pm – 7:00 pm

June 3, 2005

For more information, please call or write:

Wayne's Ski & Cycle: (641) 423-2851, or

Narelle O'Brien: (641) 357-2726

mobrien@mach3ww.com

About the race...

Saturday June 4, 2005

Start time 9:00 am sharp!

Race briefing at 8:30 am

The Race will begin and end at

State Park, South Shore Drive

The Swim:

The first event will be a 300yard shallow water lake course swim.

The Ride:

The 14 Mile Ride will commence from State Park beach and head west along South Shore Dr. which turns into Dogwood Ave. past Camp Tanglefoot. Turn right at the T-intersection at 235th St and head to the next T-intersection(S14) and turn right and take the road into Ventura. Turn right at Lake St and go down to the entrance of McIntosh Wood State Park – this is the turnaround point. Go back the way you came, but when you get to the 235th st intersection go straight (do not turn back into Dogwood). This will take you past the Sanitary Works and bring you out at South Shore Drive and back into State Park Beach.

The Run:

The 3 mile run will commence in the same direction as the ride along South Shore. The 1.5 mile halfway point will be the drink station at the entrance of Bell Harbor. Turn around and run back.

All bikers must wear a helmet! Wet suits are permissible.

Award presentation will be directly after completion of the race by all competitors. Trophies for overall female and male winners and 1st, 2nd, & 3rd place medals in individual categories and team category will be awarded.

Entry Form

Division

Indiv____ Team____ /Co-ed____ Men____ Women____

Runner_____

Address_____

City_____

State_____ Zip_____

Phone_____ Sex____ Age on race Day_____

Team Name_____

Biker_____

Address_____

City_____

State_____ Zip_____

Phone_____ Sex____ Age on race Day_____

Team Name_____

Swimmer_____

Address_____

City_____

State_____ Zip_____

Phone_____ Sex____ Age on race Day_____

Team Name_____

Shirt Size: S____ M____ L____ XL____ XXL____

If team, number needed of each size

Fees:\$20 student (12-19) \$25 Individual \$50 Team

Make Checks payable to: **Narelle O'Brien**

I understand that I (and both of my teammates, if we are a team entry) will be required to sign an additional acknowledgement-liability form at pre-race packet pickup/registration. An additional signature or a parent or guardian (in person) will be required for me or any team member 10-18 years of age.

Date _____ Individual participant/Team Captain

Mail to: Narelle O'Brien

1308 2nd ave. north

Clear Lake, IA 50428

