

## Manitou Triathlon Registration Form

**Sprint & Olympic Triathlon & Aqua | June 25, 2023 | 8:30am | White Bear Lake, MN**

**Drop off in person or by mail to:**

Midwest Multisport Racing  
2370 County Rd J, Suite 103, White Bear Lake MN 55110

**Race Start/Finish:**

Ramsey County Beach  
5050 Lake Avenue, White Bear Lake, MN 55110

**Course maps, rules, & complete details:**

www.mmracess.com or 651-440-9625

**Race Waiver:**

Knowingly, and at my own risk, I hereby apply and/or as a parental guardian on behalf of a child to enter this event, and do hereby waive and release any and all claims for damages, including negligence claims that I may incur as a result of my participation in the event against Midwest Multisport Races LLC (MMR), all municipalities, all sponsors, or any employee, volunteer, official or elected official of these said organizations. I understand that the entry fees for the event will likely not be refundable for any reason(s) and race numbers may not be transferrable. I further certify that I have full knowledge of the risks involved in the event which may be held over public roads and facilities open to the public during the event and upon which hazards are to be expected carry inherent dangers and risks including without limitation personal injury, property damage or death. I certify that I am physically fit, and sufficiently trained to participate. If, however, as a result of my participation in the event, I require medical attention, I hereby give my consent to authorized medical personnel of the event to provide such medical care as deemed necessary by such personnel. I further understand that due to the time of the year this event is held, there is the possibility of inclement weather. I do assume all weather related risks with my participation in this event. I also hereby grant full permission to MMR and/or agents authorized by to use any photographs, videotapes, motion pictures, recordings, or any other record of this event any legitimate purpose, at any time, without compensation. Having read and understood the foregoing, and risks after careful consideration, I hereby voluntarily assume all inherent with my participation in the event as stated herein and release MMR and any parties involved in the event and certify my agreement by my signature below.

		Before 6/4	6/5-6/24	Race Day
<b>Sprint</b>	<b>Ind</b>	\$110	\$125	\$135
	<b>Ind-No Shirt</b>	\$95	\$105	\$115
	<b>2 ppl</b>	\$210	\$230	\$245
	<b>2-No Shirt</b>	\$180	\$210	\$220
	<b>3 ppl</b>	\$265	\$300	\$330
	<b>3-No Shirt</b>	\$240	\$265	\$285
<b>Sprint Aqua</b>	<b>Ind</b>	\$110	\$125	\$135
	<b>Ind-No Shirt</b>	\$95	\$105	\$115
	<b>2 ppl</b>	\$210	\$230	\$245
	<b>2-No Shirt</b>	\$180	\$210	\$220
	<b>3 ppl</b>	\$290	\$310	\$330
	<b>3-No Shirt</b>	\$265	\$285	\$305
<b>Olympic</b>	<b>Ind</b>	\$145	\$165	\$175
	<b>Ind-No Shirt</b>	\$130	\$150	\$160
	<b>2 ppl</b>	\$230	\$250	\$270
	<b>2-No Shirt</b>	\$200	\$220	\$240
	<b>3 ppl</b>	\$290	\$310	\$330
	<b>3-No Shirt</b>	\$265	\$285	\$305
<b>Olympic Aqua</b>	<b>Ind</b>	\$145	\$165	\$175
	<b>Ind-No Shirt</b>	\$130	\$150	\$160
	<b>2 ppl</b>	\$230	\$250	\$270
	<b>2-No Shirt</b>	\$200	\$220	\$240

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

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

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

Age on race day: \_\_\_\_\_ Gender: M | F

Adult Shirt Size (circle choice):

NO SHIRT:

FEMALE XS S M L XL

MALE S M L X 2XL(+\$15) 3XL(+15)

Race Options (circle applicable choice):

SPRINT TRIATHLON: Ind 2-person 3-person

OLYMPIC TRIATHLON: Ind 2-person 3-person

AQUA: Ind 2-person

Team Name: \_\_\_\_\_

(NOTE: Each team member **MUST** fill out an individual form)

www.mmracess.com  
www.facebook.com/mmracess  
www.instagram.com/mmracess

Signature: \_\_\_\_\_  
(signature of participant or parent if under 18)

Date: \_\_\_\_\_