



Springfield Tri Fest 2009



July 25-26 • Springfield, Illinois

Iron Abe Triathlon

July 26 • 7:30 a.m.

Lake Springfield Beach House

Swim .9 mile • Bike 24 miles • Run 6.2 miles

*USAT National
Age Group Qualifier*



Stoneman Sprint Triathlon

July 26 • 8:00 a.m.

Lake Springfield Beach House

Swim 500 yards • Bike 12 miles • Run 3 miles

Dew the Tri for Kids

July 25 • 10:00 a.m.

Nelson Center Pool, Lincoln Park

Swim 100 yards • Bike 1 mile • Run 1,000 yards



For more information contact:

Bill Winberg, Race Director

Phone: 217.414.5567

Fax: 217.525.6948

or check out our web site at:

www.springfieldtrifest.com

Title Sponsor:



Springfield Tri Fest 2009 Official Entry Form

INDIVIDUAL <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Clydesdale <input type="checkbox"/> Athena	OR	TEAM <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Co-ed
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Name _____

Address _____

City _____ State _____ Zip _____

Phone: _____ Email _____ Birthdate _____

CHOOSE SHIRT SIZES & QUANTITIES:

Adult shirt: S# _____ M# _____ L# _____ XL# _____ XXL# _____

Team name _____

Swimmer _____ Biker _____ Runner _____

National City Bank – Dew the Tri for Kids

Packet pickup starts at 7:00 am July 25
Lincoln Park, Springfield, IL

July 25, 2009 – 10:00 am

100 yard swim, 1 mile bike, 1,000 yard run

	Before June 25, 2009	After June 25, 2009
Individual Fee:	\$25.00	\$30.00
Team Fee:	\$50.00	\$60.00

Iron Abe Triathlon

Packet pickup 3:00-7:00 pm July 25,
Starts at 6:00 am, July 26
Lake Springfield Beach House
No race day registration

July 26, 2009 – 7:30 am

.9 mile swim, 24.8 mile bike, 6.2 mile run

	Before June 25, 2009	After June 25, 2009
Individual Fee:	\$70.00	\$80.00
Team Fee:	\$150.00	\$160.00

Stoneman Sprint Triathlon

Packet pickup 3:00-7:00 pm July 25,
Starts at 6:00 am, July 26
Lake Springfield Beach House
No race day registration

July 26, 2009 – 8:00 am

500 yard swim, 12 mile bike, 3 mile run

	Before June 25, 2009	After June 25, 2009
Individual Fee:	\$55.00	\$65.00
Team Fee:	\$110.00	\$120.00

USAT # _____ Entry Fee _____ USAT fee (\$10 adults, \$5 kids) _____

Total Enclosed \$ _____

The race transfer policy can be found at the website below.
Each entrant must sign a waiver at packet pickup. Please make checks payable to:
Springfield Trifest, Inc. • 4037 Eagle Wing Rd. • Springfield, IL 62711

www.springfieldtrifest.com