



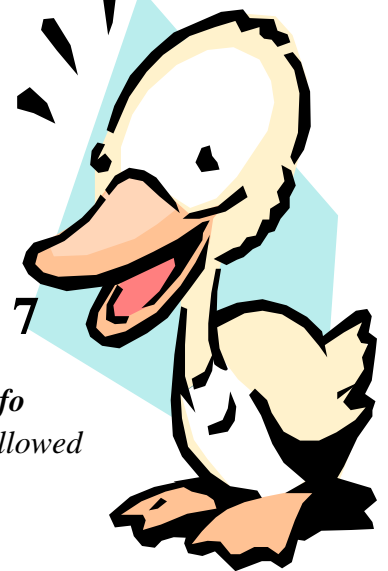
# Lodi Duckling Triathlon for Ages 4-9

Join us for 1 day of training and a fun mini triathlon! The triathlon consists of swimming (in the Lodi outdoor Community Pool) (you may wear a safety belt while swimming or use a noodle), a fun bike (ride on your tricycle, big wheel or regular bike), followed by a short running course in the park.

**A bike helmet is required for all ages.**

**Register by July 16 to receive your t-shirt!**

**Cost \$30**



**Training: August 4**

6:00 pm

Swimming, biking, running and transitions

*(Don't forget your bike, helmet, swimsuit and running shoes!)*

*Rules will be explained also*

**Triathlon: August 7**

*If Rain watch for delay and info*

*Absolutely NO parents/guardians allowed*

*in transition at anytime*

Transition opens 7:30 am

Mandatory meeting 7:45 am

Race starts at 8:00 am

**A SPECIAL WAIVER WILL NEED TO BE COMPLETED 1 OF 2 WAYS.**

**1. PRINT A COPY AND COMPLETE. PLEASE RETURN WITH THIS REGISTRATION FORM.**

[WWW.LODI.K12.WI.US](http://WWW.LODI.K12.WI.US) CLICK ON COMMUNITY AND THEN CREW. CREW AND POOL FORM ON THE RIGHT SIDE OF WEBSITE!

**2. REGISTER ON-LINE AND COMPLETE INFO FOR THE WAIVER ON-LINE**

<p><b>Any Questions Contact</b> 592-1076</p> <p><b>Mail Form to:</b> CREW Attn: Heidi Endres 115 School St Lodi, WI 53555</p> <p><b>Method of Payment:</b> Check, Cash, register on-line</p>	<p>Participants Name: _____</p> <p>Triathlon's Age: _____</p> <p>T-Shirt Size (circle): Youth - M L Adult S M</p> <p>COST \$30. (No refunds for any cancelations)</p>	<p>_____</p> <p>Parent Name</p> <p>_____</p> <p>Address</p> <p>_____</p> <p>Phone</p> <p>_____</p> <p>Email</p> <p>_____</p> <p>Parent Signature</p>
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**Duckling Triathlon 2021**