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# Triathlon

L A G R A N D E , O R E G O N

**NISSAN**  
**X TERRA**

**USA CHAMPIONSHIP SERIES**

## JUNE 17, 2006

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**1K Lake Swim • 20K Mountain Bike • 10K Trail Run**

### REGISTRATION

1) *On Line @ [www.active.com](http://www.active.com); 2) by mail; 3) in person at:*  
**CYCLESPO RTS 1910 Island Ave., La Grande, OR**

**NO RACEDAY REGISTRATION**

**Website: [solsticetri.com](http://solsticetri.com)**

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**STARTING TIME: 9AM SHARP! - AWARDS CEREMONY at 1:15PM**

**\*\*\*OVERALL MEN'S, WOMEN'S, TEAM; AGE GROUP; DOOR PRIZES\*\*\***

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**Registration Fees: Individual \$60 - Team \$120**

**Late Fee (After June 1st) \$10 (After June 14th) \$15**

*Course Description: Site of the SWIM is Morgan Lake, at approximately 4100 ft. elevation. Water will be COLD, approx. 68 degrees. Wet suits, swimcaps, ear and nose plugs, and some type of swim footwear are STRONGLY advised. The MOUNTAIN BIKE course is on hilly fire roads, rutted and rocky jeep trails, and technical single track. Elevations top out at 5000 ft.+. The RUNNING course is on terrain similar to the bike course. Start, finish, and transition are located at the north end of the lake.*

**TIMES to BEAT - Men: 2:27 Women: 2:57 Team: 2:39**

*Places to Stay*

**Howard Johnson Inn 541-963-7195 • Super 8 541-963-8080 • Sandman Inn 541-963-3707  
(Historic) Union Hotel 541-562-6135 • Stang Manor (Bed & Breakfast) 541-963-2400**

**Camping Available up at Morgan Lake**



# ENTRY FORM

**Individual:** Name: \_\_\_\_\_ T-shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ XTERRA ID # \_\_\_\_\_ USAT # \_\_\_\_\_  
Phone: \_\_\_\_\_ XTERRA/USAT Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

To obtain XTERRA ID # go to [www.XterraPlanet.com](http://www.XterraPlanet.com)

## TEAM

**Swimmer** Name: \_\_\_\_\_ T-shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ XTERRA ID # \_\_\_\_\_ USAT # \_\_\_\_\_  
Phone: \_\_\_\_\_ XTERRA/USAT Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

**Biker** Name: \_\_\_\_\_ T-shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ XTERRA ID # \_\_\_\_\_ USAT # \_\_\_\_\_  
Phone: \_\_\_\_\_ XTERRA/USAT Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

**Runner** Name: \_\_\_\_\_ T-shirt Size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ XTERRA ID # \_\_\_\_\_ USAT # \_\_\_\_\_  
Phone: \_\_\_\_\_ XTERRA/USAT Age \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

In consideration of the acceptance of my entry, I, for myself, my heirs, executors, administrators, and assigns, release and discharge any and all rights and claims for damage against any and all sponsors, directors, and volunteers from my participation in this event. I attest and verify that I have full knowledge of the risks involved in this race and that I assume those risks for myself.

**Individual** Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

**Swimmer** Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

**Biker** Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

**Runner** Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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

**Mail entries to: SOLSTICE TRIATHLON, 2311 East "L" Avenue., LaGrande, OR 97850  
Or Register ON-LINE at: [www.active.com](http://www.active.com).**

LaGrande is located on Interstate 84, 250 miles east of Portland, OR, and 150 miles northwest of Boise, Idaho. Nearest airport is Pendleton, Oregon, 50 miles west. Race venue is located at Morgan Lake city park, approx. 3 miles southwest (and 1400' up) from LaGrande. Inquiries may be directed to MaryEllen at 541-663-1037 or [maryellenlaberge@hotmail.com](mailto:maryellenlaberge@hotmail.com).

**PACKET PICK-UP: Friday at Cyclesports 10 AM to 6 PM or Saturday AM at Morgan Lake**