

Re*Imagine Medical Lake Founders Day Presents

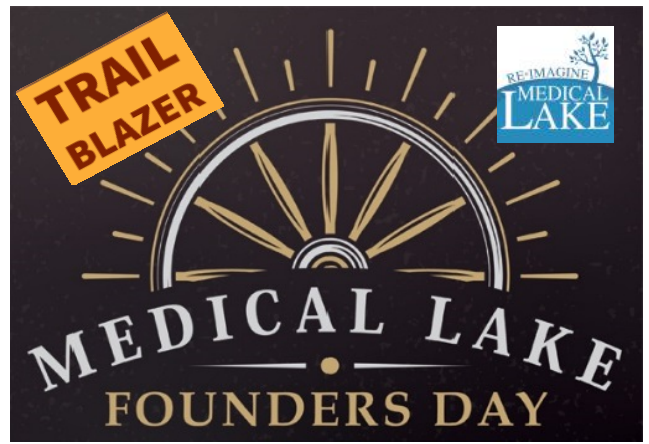
Trailblazer Triathlon/Duathlon/5K

TRI/DU: \$55 Individual

TEAM TRI/DU: \$75

5K: \$25

Commemorative T-shirt Included



Contact: Amanda (509) 979-0158 • amanda@medicallake.org

Register and pay online: Medicallake.org/trailblazer

Description: The race consists of sprint distance TRI with a 350-meter swim, followed by a 12.2 mile bike ride on paved roads, ending with a 2.92 mile run around the historic Medical Lake Trail. Duathlon racers begin with a One-mile run, 12.2 mi bike, and finish with a 2.92mi run on the Medical Lake Trail. 5K is a 2.92 run on the Medical Lake Trail.

Virtual Racers: T-shirt and postage included in the registration fee. Please mail registration to the address below and post race email your finish time to: amanda@medicallake.org

1. _____

*First Name _____ *Last Name _____ Age on Race Day _____ M/F _____ Tri/DU/5K _____

*Address: _____ *City: _____ *State: _____ *Zip Code: _____

*Phone: _____ *Email Address: _____ *please print clearly*

2. _____

*First Name _____ *Last Name _____ Age on Race Day _____ M/F _____ Tri/DU/5K _____

*Address: _____ *City: _____ *State: _____ *Zip Code: _____

*Phone: _____ *Email Address: _____ *please print clearly*

3. _____

*First Name _____ *Last Name _____ Age on Race Day _____ M/F _____ Tri/DU/5K _____

*Address: _____ *City: _____ *State: _____ *Zip Code: _____

*Phone: _____ *Email Address: _____ *please print clearly*

TRI/DUE Individual Entry Fee: \$ 55.00 x _____ = _____

TEAM TRI/DU Entry Fee: \$ 75.00 x _____ = _____

5K Individual Entry Fee: \$ 25.00 x _____ = _____

T-Shirt \$ FREE x _____ = 0.00

Total: \$ _____

T-Shirt: * indicate number of shirt(s) per size. Limited to one shirt per participant.

Mens: S M L XLG XXLG

Wms: S M L XLG XXLG

T-Shirt Included - ONE SHIRT PER PARTICIPANT

PRINT AND MAIL TO:

RIML-Trailblazer
PO Box 344
Medical Lake, WA 99022