

7th Annual  
Performance Plus

# Cameron Triathlon



**Saturday  
July 20, 2013**

**7:00 AM**

**Cameron, MO**

**Cameron Regional YMCA  
402 E. Evergreen  
Cameron, MO 64429  
(816) 632-3811  
www.cameronymca.org**

Special Thanks to:



**PERFORMANCE PLUS**  
REHABILITATION CENTER

**Hu-Vee**  
EMPLOYEE OWNED

**FSB**

Farmers State Bank  
124 E. 3rd • Cameron, MO  
816-632-6641



www.fscbank.com



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**Stifel Nicolaus Marcolla**

**Wealth Management Team**

**Epic Bike & Sports**

For more information or to  
volunteer for the race, please contact  
Mary Jo Eiberger at  
816-632-3811 or ymca\_mjeiberger@yahoo.com

## 2013 Triathlon Team Entry Form

Team Name \_\_\_\_\_ Captain's Name \_\_\_\_\_ Men \_\_\_\_\_ Women \_\_\_\_\_ Coed \_\_\_\_\_

### SWIM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Home Phone \_\_\_\_\_  
Shirt Size (if applicable): Swim time: \_\_\_\_\_  
XS S M L XL XXL  
Read waiver and sign: \_\_\_\_\_ Date \_\_\_\_\_

### BIKE

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Home Phone \_\_\_\_\_  
Shirt Size (if applicable):  
XS S M L XL XXL  
Read waiver and sign: \_\_\_\_\_ Date \_\_\_\_\_

### RUN

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Home Phone \_\_\_\_\_  
Shirt Size (if applicable):  
XS S M L XL XXL  
Read waiver and sign: \_\_\_\_\_ Date \_\_\_\_\_

WAIVER

I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature, and I accept all and full responsibility for any injury or accident resulting from my participation in this event and release from any and all liability the City of Cameron, the YMCA, race sponsors and any race official connected with this event.

## ENTRY INFORMATION

### ENTRY FEE

- \$50.00 Individual (includes Dri-Fit shirt)  
 \$40.00 Individual (without shirt)  
 \$85.00 Triathlon Team (includes Dri-Fit shirts)  
 \$75.00 Triathlon Team (without shirts)

### **NO ENTRIES AFTER JULY 17!**

Register by mailing in your fee and application before July 17th or register online at [www.active.com](http://www.active.com).

## RACE DAY INFORMATION

- DATE:** Saturday, July 20, 2013  
**TIME:** 7:00 a.m. Sharp!  
**PLACE:** Recreation Park  
 221 Seminary St.  
 Cameron, MO

## PACKETS

May be picked up on Fri. July 19, from 8 a.m. to 8 p.m. at the Cameron Regional YMCA or Race Day at Recreation Park starting at 6:00 a.m.  
**All participants must be checked in by 6:45 a.m. on race day.**

## RACE INSTRUCTIONS

- **ANSI 290.4 or SNELL** approved helmets required during the bike ride.
- **No bike drafting allowed.** Behavior judged to be unfair or unsportsmanlike by the officials will result in disqualification or penalty.
- **All major intersections** are controlled. Otherwise traffic will be warned, but not controlled.

## AWARDS & AGE DIVISIONS

Top male and female finishers will receive trophies. Medals will be given to the top three male and female finishers in each division. The top two teams in each division will receive medals.

### AGE GROUP DIVISIONS

- |            |       |       |       |       |         |
|------------|-------|-------|-------|-------|---------|
| 10 & under | 20-24 | 35-39 | 50-54 | 65-69 | 80 & up |
| 11-14      | 25-29 | 40-44 | 55-59 | 70-74 |         |
| 15-19      | 30-34 | 45-49 | 60-64 | 75-79 |         |

**Three Person Teams for Triathlon: Men, Women, and Coed.**

## RACE PARTICULARS

- All events will start and finish at Recreation Park.
- **Chip timing with splits.**

## COURSE INFORMATION

- The swim will consist of 2 laps serpentine style in a 50 meter pool. **If participating in the triathlon...please record your 200 meter swim time on the entry form so that we may seed you properly.**
- The 8 mile bike will take you on a scenic tour with some gentle hills on an out and back course .
- The 2.1 mile run will be out and back on a relatively flat course.

Every year the Cameron Regional YMCA provides disadvantaged youth with the opportunity to participate in youth sports and other programs. All proceeds from the Duathlon/Triathlon and other special events help to make these scholarships possible.

## Age Groups (Circle One)

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ email address \_\_\_\_\_

Birthdate \_\_\_\_\_ Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

**Approx. 200 meter Swim Time (if applicable):** \_\_\_\_\_ **Shirt Size:** XS S M L XL XXL

10 & under	45-49
11-14	50-54
15-19	55-59
20-24	60-64
25-29	65-69
30-34	70-74
35-39	75-79
40-44	80 & over

I acknowledge and represent that I am physically fit and sufficiently trained to participate in an event of this nature, and I accept all and full responsibility for any injury or accident resulting from my participation in this event and release from any and all liability the City of Cameron, the YMCA, race sponsors and any race official connected with this event.

Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Receipt # \_\_\_\_\_ Amt. Pd. \_\_\_\_\_