

THE COURSE

SWIM: A one lap course for both the Olympic and Sprint distance starting on the South end of Upper Payette Lake. Swimmers will swim out and around the buoys in a clockwise direction keeping buoys to swimmers right. Wet suits are allowed and recommended. Swim cap found in your race packet must be worn. Safety boaters will be present.

BIKE: A challenging yet scenic out and back course on Warren Wagon Road taking riders up and over Secesh Summit. Turn around will be well marked and staffed. **ANSI or SNELL approved helmets are mandatory. No Drafting allowed.**

RUN: Leaving the transition area, runners will head North on an out and back course into the Upper Payette Lake recreational area on a gravel road. There will be several aid stations throughout the course. Sprint distance will turn around at the 2.5 Km mark and Olympic will turn around at the 5 Km mark and finish back in the transition area.

REGISTRATION AND DEADLINES

Received before 07/28	Individual	Team
	Olympic: \$45.00	\$90.00
	Sprint: \$35.00	
Received after 07/28	Individual	Team
	Olympic: \$55.00	\$100.00
	Sprint: \$45.00	

Enter by mail (confirmations will only be sent via e-mail), online at www.spondoro.com, or you can register at the Little Ski Hill on Friday, August 1 from 5:30 - 8:30 pm.

INFORMATION

For more race information call: **208-469-0007** or www.littleskihill.org. For lodging information in McCall, visit the Chamber website at www.mccall-idchamber.org or call the McCall Area Chamber of Commerce: **208-634-7631**.



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PACKET PICK UP

At the Little Ski Hill on Friday, August 1st from 5:30 to 8:30 pm. Packet will include race souvenir, swim cap (for swimmer only if team), race numbers, course map and rules.

DIVISIONS

Men and Women Individual: 15 & under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & older.

Teams (men, women, and mixed) combined ages: 99 & under, 100 - 139, 140 & over.

RACE DAY

Please park along the shoulder of the North Bound Lane on Warren Wagon Road and in marked pullouts. There will be no parking along the gravel road around the lake or above the bridge on Warren Wagon Road. Parking will be limited so please do your part and car pool if possible. Event will start at 10:00 am.

FINISH AREA and AWARDS

The awards ceremony will be held at the finish immediately following the race. Awards will be given to the top three in each division. Massages and refreshments will be available. Results will be posted on www.spondoro.com.

SAFETY

Safety boats will be in the water during the swim leg. Use caution exiting and re-entering the bike chutes as the transition is from pavement to gravel.

ENTRY FORM

MOUNTAIN TRIATHLON

P.O. Box 442, McCall, ID 83638

Checks payable to: Payette Lakes Ski Club

ENTRY FEE: Ind. Olympic \$45.00 (\$55.00 after 07/27) Ind. Sprint \$35.00 (\$45.00 after 07/28) Olympic Teams \$90.00 (\$100.00 after 07/28)

INDIVIDUAL OR SWIMMER

Name _____ M/F
Address _____
City, State, Zip _____
E-mail _____
Age on Race Day _____ T-shirt S M L XL
Phone _____

CYCLIST

Name _____ M/F
Address _____
City, State, Zip _____
E-mail _____
Age on Race Day _____ T-shirt S M L XL
Phone _____

RUNNER

Name _____ M/F
Address _____
City, State, Zip _____
E-mail _____
Age on Race Day _____ T-shirt S M L XL
Phone _____

All participants must sign waiver on reverse

Team Name (Optional)
