

PRESORTED  
STANDARD  
U.S. POSTAGE  
**PAID**  
ALGONQUIN, IL  
PERMIT NO. 8

**Lake in the Hills Triathlon**  
Village of Lake in the Hills  
Parks & Recreation Department  
600 Harvest Gate  
Lake in the Hills, IL 60156



**SUNDAY • JUNE 10 • 2012**



**LITH TRIATHLON**  
**20.0 ON 6.10.12**



**SWIM .5**



**BIKE 15.5**



**RUN 4.0**

**20.0**

VILLAGE OF LAKE IN THE HILLS PARKS & RECREATION DEPARTMENT

[www.lith.org](http://www.lith.org) • 847. 960. 7460

**WELCOME**

to the Village of  
Lake in the Hills  
Parks & Recreation  
Department's  
6th Annual Triathlon!

Our goal is  
to provide a  
“big city event  
with a small town  
atmosphere”  
so all participants  
and spectators  
have an excellent  
experience!

Assigned bike racks  
and personalized slots

2 transition areas

Limited to 350 racers

Low \$50 registration fee

Pre-race open water  
swim & bike practices



**LITH TRIATHLON**  
**20.0 ON 6.10.12**

**DISTANCES**

**SWIM:** .5 Mile **BIKE:** 15.5 Miles **RUN:** 4.0 Miles

**AGE DIVISIONS**

15 – 19	30 – 34	45 – 49	60 – 64
20 – 24	35 – 39	50 – 54	65 & up
25 – 29	40 – 44	55 – 59	

**ENTRY FEE**

**THRU MAY 1:** \$50 **MAY 2 & AFTER:** \$60

**REGISTRATION**

**ONLINE:** At [www.lith.org/triathlon.html](http://www.lith.org/triathlon.html)  
or [www.signmeup.com/79515](http://www.signmeup.com/79515)

**BY MAIL:** Send this form and check made payable to:  
Village of Lake in the Hills  
Attn: Triathlon  
600 Harvest Gate  
Lake in the Hills, IL 60156

**PACKET PICK-UP LOCATIONS**

- Monday, June 4 thru Thursday, June 7 (11:00 a.m. - 7:00 p.m.) at Runners High 'n Tri, 121 W. Campbell, Arlington Heights, Illinois (847. 670. 9255 or [www.runnershigh-n-tri.com](http://www.runnershigh-n-tri.com)).
- Friday, June 8 (8:30 a.m. - 5:00 p.m.) at the Lake in the Hills Parks & Recreation office, 600 Harvest Gate, Lake in the Hills.
- Saturday, June 9 (10:00 a.m. - 2:00 p.m.) at Ken Carpenter Park, located at Miller and Randall Roads in Lake in the Hills.
- Race Day pick up from 5:00 a.m. - 6:10 a.m. at Costco Wholesale, 250 N. Randall Road, Lake in the Hills. Please indicate packet pick up on your registration.

**INFORMATION**

847. 960. 7460 or [www.lith.org/triathlon.html](http://www.lith.org/triathlon.html)

**PARTNERS**

Centegra  
Health Bridge  
Fitness Center  
WELL BEYOND EXPECTATION™



**ADDITIONAL PARTNERS:**

- Mind and Body Pilates Plus
- Massage Envy
- Weight And Tri

# RACE DAY INFORMATION

Interested in being a RACE DAY VOLUNTEER?  
Contact Trevor at 847. 960. 7469 or tbosack@lith.org



## THE COURSE (20.0)

**SWIM (.5 mile)** The average water temp in June is 65°. Wetsuits are optional for all swimmers. The race starts at 6:30 a.m. The swim course will be guarded by American Red Cross Certified Lifeguards.

**BIKE (15.5 miles)** For the safety of all riders, DRAFTING is prohibited and self-patrolling is recommended. The bike course will go west on Miller and north on Haligus Road, and then back to T-2. You will be out of the saddle climbing more than worrying about riding a wheel. The roads will be policed; however, traffic will be allowed on the course. Please be cautious of traffic.

**RUN (4.0 miles)** The run course is through residential streets and a scenic bike path. There will be three water and Gatorade stops on the course.

## LOGISTICS

Yep, there are a few logistics to get through. To minimize crossing Randall Road, we've created two transition areas: One east of Randall Road and one west of Randall Road. This is a point-to-point event. So, once you leave T-1 from the beach, you will not return to that area. Please follow the directions and you'll definitely have all your things in the right spot. Deviate and you might not have your running shoes in the right area; and running with bare feet isn't fun!!

## GOODIES

Every registered racer will receive a Lake in the Hills Triathlon Tech Shirt and items from: Centegra HealthBridge Fitness Center, Runner's High 'n Tri, Massage Envy, Mind & Body Pilates, and Jersey Mike's in your goodie bag or as Finish line snacks. A free bike safety check from Wheel Werks of Crystal Lake will be provided in the week leading up to the race.

## CONFIRMATION

Your confirmation will be emailed to you by June 1 once you have registered. The information will include your race number, starting time, and essential race-day information. Course maps and FAQ are available at [www.lith.org/triathlon.html](http://www.lith.org/triathlon.html).

## TRANSFERS

Race numbers can be transferred up to June 1; after that date, transfers will NOT be allowed.

## WATER QUALITY

The water is tested by the McHenry County Health Department. E-coli counts and water temperature will be posted on the [www.lith.org](http://www.lith.org) web site on Friday, June 8.

## POST RACE PARTY

Stick around to cheer on your fellow competitors and enjoy the music, replacement drink, food, and camaraderie of the event. Bring the family!!

## TIMING

Total running time will be recorded with split times indicated in the final results. Chips will be distributed race morning at the beach.

## AWARDS

Awards will be given out 10 minutes after the last person crosses the finish line. Awards will be given to the overall male/female winner and the top 3 in each age category.

## PRE-EVENT SWIMMING/BIKE

Guarded swim practices and bike/run sessions are planned for all registered participants in May and June prior to the events. Updates will be emailed to all registered.

NO REFUNDS are issued for races or special events.

# 2012 TRIATHLON ENTRY FORM

SAVE TIME-  
REGISTER ONLINE!  
[www.signmeup.com/79515](http://www.signmeup.com/79515)  
or [www.lith.org](http://www.lith.org)

Last Name	First Name	
Address	City	Zip
Day Phone Number	Evening Phone Number	
E-mail Address (Race news only)	Age (As of 6/10/12)	Date of Birth

Female  Male

## PACKET PICK-UP

Indicate the location that you will pick up your packet.

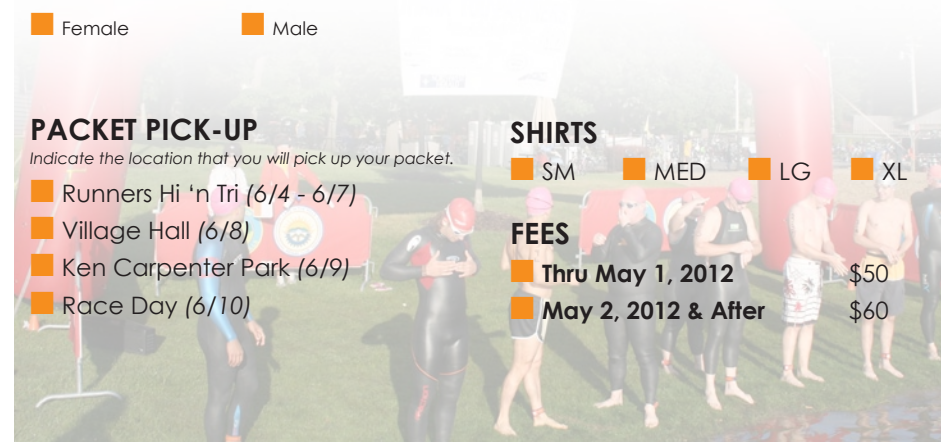
- Runners Hi 'n Tri (6/4 - 6/7)
- Village Hall (6/8)
- Ken Carpenter Park (6/9)
- Race Day (6/10)

## SHIRTS

SM  MED  LG  XL

## FEES

Thru May 1, 2012 \$50  
 May 2, 2012 & After \$60



Make checks payable & mail to:  
Village of Lake in the Hills  
Attn: Triathlon  
600 Harvest Gate  
Lake in the Hills, IL 60156

Check # \_\_\_\_\_

Cash \$ \_\_\_\_\_

Date \_\_\_\_\_

**OFFICE USE ONLY**

Race # \_\_\_\_\_

## THIS IS AN IMPORTANT WAIVER. PLEASE READ CAREFULLY

Each of the undersigned, (the participant and participant's parent or guardian) realize the inherent risks involved in the event and assume any and all such risks. Each of the undersigned and his or her heirs, personal representatives, assigns and all other persons claiming under or through each of the undersigned, WAIVE, RELEASE, FOREVER DISCHARGE, COVENANT NOT TO SUE AND AGREE TO INDEMNIFY AND HOLD HARMLESS the Village of Lake in the Hills, their officials, employees, agents and volunteers as well as each of the event's sponsors, of and from all liability, loss, claims, demands, judgments, and expenses, known or unknown, in connection with the event, that may accrue by reason of any loss, damage, or injury or death to me, in any way arising in connection with or relating to the event, regardless of the manner in which such loss, damage, injury or death is caused, including acts or negligence of any of the released (unless such acts or negligence constitute recklessness or willful misconduct). Each of the undersigned agree that there shall be no refunds if the event is cancelled. Each of the undersigned understand that each participant registering for this strenuous event is encouraged to seek a physician's approval. Also, each of the undersigned permits the taking of photos, audio and video taping of themselves during the event for publication and use as the Village of the Lake in the Hills deems appropriate. Each of the undersigned will pay for the participant's medical and emergency expenses in case of accident, illness or incapacity regardless of whether he or she has authorized such expenses. Each of the undersigned has read this waiver and release and understands it.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

I am the parent and natural guardian or legal guardian of the above-signed minor child participant and in consideration of the permission extended to my child to participate in the event. By my signature, I certify the participant: (1) is my minor child or ward; and (2) has no history of injury or disease which might be affected by this event. I further represent that I am in fact acting in my capacity as parent or guardian, and understand and agree to the terms of the above waiver and release.

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

For general questions, email [recreation@lith.org](mailto:recreation@lith.org) or call 847.960.7460