

# Raider Nation Triathlon

**Sunday, September 15, 2024**

**@ Kiel High School (KHS), Kiel, Wisconsin 53042**

**“Full” Sprint Triathlon (ages 9+):** 300 yard pool swim, 15.5 mile bike, 3.1 mile run (road/trail portions)

**“Short” Sprint Triathlon (ages 9+):** 100 yard pool swim, 7 mile bike, 1.5 mile run (road/trail portions)

**\*Student pricing available for solo sprint races ages 9-18 y.o.**

**Team (Relay) Triathlon:** Co-ed, male & female teams of 2 or 3 participants. **Full & Short** distances offered.

**Kids Triathlon (ages 6-13):** 100 yard pool swim, 2.5 mile bike, 1 mile run. (A parent may ride/run along.)

**Raider Dash (ages 2-7):** 100 yard dash **FREE!!**

\*On-line registration encouraged & available at: [kieltriathlon.weebly.com](http://kieltriathlon.weebly.com) through 9/13/2024.

\*Printed & completed paper registration forms may be mailed. See registration form.

\*Funds raised will support the Kiel Booster Club, a 501c3 non-profit organization whose mission is to provide support, encouragement & financial assistance to continue co-curricular programs for Kiel students.

\*Packet pick up Saturday of race weekend 3 to 5 p.m. & race morning 6:30-7:35 a.m. in KHS pool commons.

Transition, same day registration & chip timing pick up outside the pool area 6:30-7:35 a.m. race morning for full & short solo & relays. The pool will be open from 7:00-7:30 a.m. for swim warm-up. Transition will close promptly at 7:35 a.m. for the sprint races. Transition will be open until 9:45 a.m. for kids races. A pre-race meeting will take place at 7:45 a.m. on the pool deck for sprint races and again at 10:00 am for the kid's race. Race order is FULL then SHORT SPRINT TRI. Seeding is determined upon swim times. If you have an updated swim time pre-race, please email by 9/13/2024. The Kids race will start around 10:15 am. Raider Dash will be on the football field before awards presentation. Penalty fee for timing chip not turned in at finish line to be paid for by participant.

**Race Course, Transition & Parking:** Course maps & details can be found on the event website [kieltriathlon.weebly.com](http://kieltriathlon.weebly.com)

Transition will be located in the KHS South parking lot. Parking is available in the KHS North lot. Parking will not be permitted on Raider Heights along the south side of the school (1<sup>st</sup> Street to 4<sup>th</sup> Street) as this is part of the race course.

**Awards:** Adult race - overall individual male/female winners & top 3 male/female finishers in age divisions: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Relay awards to top 3 teams in the male, female & co-ed divisions. Awards ceremony will occur after the completion of all races at the football field pending weather. Kids race participants will receive a finisher award, overall individual male/female winner & top 3 age group awards for male/female ages 6-7, 8-9, 10-11, & 12-13 divisions. Finisher award only for the Raider Dash (no shirts).

**Race Perks:** Safe & exciting event with pool swim for the experienced racer or newcomer. Post-race food & drink provided. Concessions available onsite. **Participation t-shirt is guaranteed if registered by Sunday, September 8, 2024.** Limited number of race shirts will be available for late registrations - size & availability not guaranteed. Bike racks provided in transition. Mile markers on the bike & run course. The bike & run will have volunteers at each intersection. There will be two water stations on the course - #1 at transition exit, #2 at the 2 mile run mark. Results will be posted at the event live & online at [kieltriathlon.weebly.com](http://kieltriathlon.weebly.com).

**All participants including all relay team members must complete the registration (online or paper) and waiver forms.** For more race information, e-mail [raidernationevents@gmail.com](mailto:raidernationevents@gmail.com).



**For Office Use Only:**

**Check #:** \_\_\_\_\_ **Amt. Pd:** \_\_\_\_\_ **Bib #:** \_\_\_\_\_  
Athlete Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ Age on race date: \_\_\_\_\_  
Street Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_ E-mail: \_\_\_\_\_ Male or Female (circle one)

**EVENT SELECTION:**

**Relays:** Male/Female/Mixed (circle one) **Distance:** FULL OR SHORT \*\*\* fill out one form per relay team

Relay Team Name: \_\_\_\_\_

Team Members: \_\_\_\_\_

**Solo:**

"FULL" SPRINT Triathlon: 300 yard swim time: \_\_\_\_\_

"SHORT" SPRINT Triathlon: 100 yard swim time: \_\_\_\_\_

Kids Triathlon (Ages 6-13): 100 yard swim time: \_\_\_\_\_

**Please circle t-shirt size (include relay members):** Youth Med, Youth Large, Adult – S, Adult – M, Adult – L, Adult – XL (+\$4.00), Adult – XXL (+\$4.00)

**WAIVER**

Participating in the Raider Nation Triathlon is a potentially hazardous activity, & I will not participate in this event unless I am medically able to do so & am properly trained. I shall examine and assume all risks associated with participation in this event, including but not limited to falls, contact with other participants, and effect of weather, traffic and conditions of the road. I understand that I am required to wear a helmet at all times when I am on my bike during the Raider Nation Triathlon.

I fully assume all risk of illness, injury, or death & release & discharge the Kiel Booster Club, Kiel High School, Kiel Soccer Club, volunteers, all event sponsors, promoters & their staffs from all of my liabilities, actions, claims, demands for damages arising out of my participation in the Raider Nation Triathlon. The foregoing release shall be binding upon me personally, as well as upon my heirs, executors and administrators, & all members of my family.

I authorize use of photos wherein I appear, for event publicity. I understand my registration fee is non-refundable & non-transferrable.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/Guardian must sign if participant is under 18 years of age)

Emergency Contact (name/phone #): \_\_\_\_\_

**Fees: Shirts guaranteed with registration completed by 9/8/24.**

\*Kids Triathlon (ages 6-13): \$25.00 before June 1<sup>st</sup> / \$30.00 until Sept 1<sup>st</sup> / \$35.00 through race day

\*9-18 year old SHORT Sprint: \$30.00 before June 1<sup>st</sup> / \$35.00 until Sept 1<sup>st</sup> / \$45.00 up to race day

\*Adult SHORT Sprint: \$50.00 before June 1<sup>st</sup> / \$55.00 until Sept 1<sup>st</sup> / \$65.00 through race day

\*SHORT Sprint Relay(\$/team): \$75.00 before June 1st / \$85.00 until Sept 1st / \$100.00 through race day

\*9-18 year old FULL Sprint: \$40.00 before June 1<sup>st</sup> / \$45.00 until Sept 1<sup>st</sup> / \$55.00 through race day

\*Adult FULL Sprint: \$65.00 before June 1st / \$70.00 until Sept 1st / \$80.00 through race day

\*FULL Sprint Relay (per team): \$85.00 before June 1st / \$95.00 until Sept 1st / \$110.00 through race day

**\*Add \$4.00 for XL or XXL shirt**

**Total Due: \$ \_\_\_\_\_**

**Make checks payable to KIEL BOOSTER CLUB.** No refunds are given & registration is non-transferable. Mail the registration & waiver form, along with your check to: ATTN: RAIDER NATION TRIATHLON / P.O. BOX 144 / Kiel, WI 53042

**Plans for inclement weather:**

1. Delay start of the race up to 75 minutes. 2. Modify the course. 3. Cancel the race (there are no refunds for a race canceled due to weather).