



Time – First wave begins at 7:30 AM. Last wave in the water by 9:45 AM

Fee – The Registration fee is \$40. This includes technical fabric T –Shirt and professional chip timing. Late Registration after 6/30 will be \$50. Race Day Registration (if available) will be \$55. 3 Person team registration will be \$65. Late Team Registration will be \$75. Race Day Team Registration will be \$85. (if available) Subtract \$10 for 2 person relay teams.

Location – Colvill Park in Red Wing, MN. The park is located off HWY 61 on the east side of Red Wing.

Check In / Packet Pick Up – Participants will check in and pick up their packet at the Colvill Pool bathhouse starting @ 6:30 AM. Transition Area will open at this time as well.

Awards – Medals will be awarded to the first 3 finishers in each gender's age divisions: 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 50-54, 55-59, 60 and up. Medals will also be awarded to the top male, female, and mixed relay team.

Pre race meeting for each wave will occur immediately before your wave starts.

Swim Course: 10 laps (500 meters) in the outdoor pool at the Colvill Aquatic Center. Lap counters will be provided. 2-4 people will be in each of the pools 6 lanes. Waves will be determined by the participants estimated swim time.

Bike Course: 12.7 mile course takes you through the Red Wing area countryside and the city of Red Wing. All cyclists must obey traffic laws and a bike helmet is required. Note: The route crosses railroad tracks with an unpredictable train schedule. If your race is delayed by a train, your time will be adjusted accurately.

Map: <http://www.gmap-pedometer.com/?r=2392734>

Run Course: 2 loop 3 mile run will take place on the asphalt trail and grass inside Colvill Park.

Additional Information

- Bike Helmets are required. While biking stay to the right and on the shoulder. Volunteers will direct you along the route. Course will also be marked with paint. Be aware of traffic as the course is not closed. No drafting.
- Water will be available at the end of the bike route and at the midway point of the run.
- Colvill Aquatic Center will be utilized for restrooms and changing rooms.
- Results will be emailed to participants and posted online @ www.onlineraceresults.com
- Proceed benefit the Red Wing Cross Country Team

Wingman Triathlon

Name _____

City _____ State _____

Email Address _____

Phone _____ Age on race day _____

Gender _____ T-Shirt Size _____ (gender specific)

Estimated swim time for 500 meters _____ Check here for elite wave _____

Relay Team members - all must sign waver

Swimmer _____ T-Shirt size _____

Biker _____ T-Shirt size _____

Runner _____ T-Shirt size _____

Knowingly and at my own risk I do hereby apply to enter an athletic contest. I hereby agree that I release and discharge the race director, the city of Red Wing, ISD 256, Colvill Aquatic Center, and all other parties associated with hereby events from all claims, demands, injuries, damages, actions or causes of action from all acts of active or passive negligence on the part of such corporations, organizations, clubs, their servants, agents or employees, and hereby assume all the risks associated with my participation in the event. I acknowledge that no refunds will be given.

Signature _____

Parent or Guardian if under 18

Individual: \$40 through 6/30, \$50 through 7/31, \$55 Race Day

Team 3 person: \$65 through 6/30, \$75 through 7/31, \$85 Race Day

Team 2 person: \$55 through 6/30, \$65 through 7/31, \$75 Race Day

Please mail and make checks payable to:

Wingman Triathlon
c/o Jesse Nelson
1215 Walter Ave
Red Wing, MN 55066