

Skagit County Parks & Recreation  
P.O. Box 1326  
Mount Vernon, WA 98273  
360-416-1350 [www.skagitcounty.net/parks](http://www.skagitcounty.net/parks)

Return Service Requested

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Mount Vernon WA  
Permit No. 73



29<sup>th</sup> Annual  
**JULY 9, 2016**

At Clear Lake Beach  
Clear Lake, WA

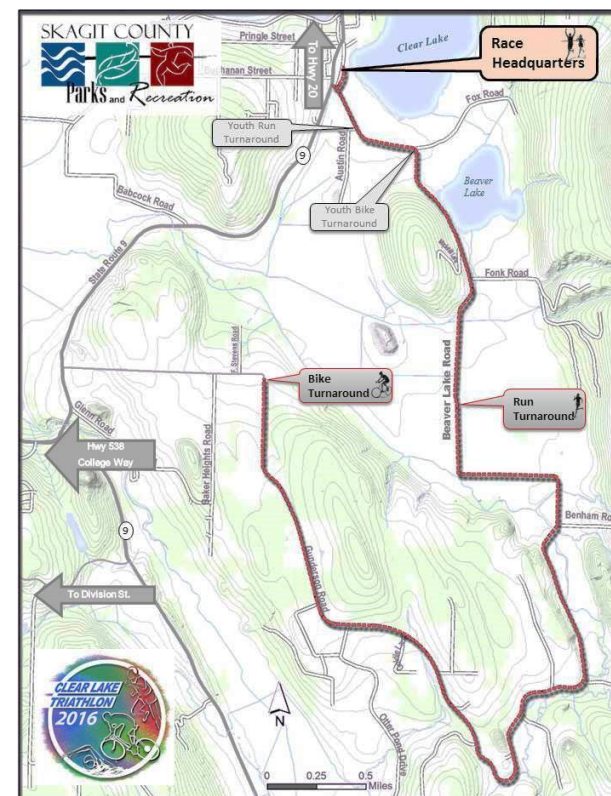
Also includes Youth Division  
with shorter course.

Event Supporters:



CHIP TIMING BY [WWW.BUDURACING.COM](http://WWW.BUDURACING.COM)

## COURSE MAP



## TRANSITION AREA MAP



**THE CLEAR LAKE TRIATHLON** is a fun and competitive race open to adults 18 years and over and 15-17 year-olds who have parental consent signatures. The course consists of a 1/3-mile swim, 14.8-mile bike course and a 4-mile run. It will start and end at the Clear Lake Swim Beach, Clear Lake, Washington, on Saturday, July 9, 2016 from 9:00 AM until 12:00 PM. A separate Youth Triathlon is also offered for children 14 years and under. The Youth Triathlon will start at approximately 11:00 AM.

- The 2016 Clear Lake Triathlon will again be **CHIP TIMED** by BuDu Racing ([www.BuDuRacing.com](http://www.BuDuRacing.com)).

## RULES AND REGULATIONS

1. **Registration deadline is Friday, July 1<sup>st</sup>.** There will be no day of race registration.
2. The day of the event you may pick up your race packet and check in at Clear Lake from 7:45 AM until 8:30 AM.
3. The racecourse will be officially closed at 12:00 PM. All participants who have not completed the race may do so at their own risk.
4. Awards will be presented at the completion of the Youth Triathlon.
5. First Aid/Refreshment Stations will be provided at the start and finish area, as well as designated points on the course.

## SWIMMING

1. Swim is a 1/3-mile out and back lake swim from Clear Lake Beach. (Temp. approx. 72°F+/-)
2. **Swimmers must wear swim caps which will be provided.**
3. Wet suits are allowed; however fins, snorkels and/or buoyancy devices are not allowed.



## CYCLING

1. **Cyclists must provide and wear helmets.**
2. Cyclists should be aware that roads will be open to two-way traffic. Cyclists must yield right-of-way at all intersections.
3. Bike route is 14.8 miles out & back.
4. Bicycles must be in good working condition and have two working hand brakes.
5. The bike course is relatively flat with a few short hills starting near the 5.5 mile mark.



## RUNNING



1. Run is a 4.0 mile out and back flat course.
2. All runners must stay to the right of the road.
3. Runners may not pass other triathletes in the finish chute after crossing the finish line.

## YOUTH TRIATHLON

Preregistrations requested, but day of race registrations are allowed. Distances include a 100-yard swim, 1.5-mile bike and 1/2-mile run course. Flotation devices are allowed. Parents are encouraged to participate with youth to cheer them on along the way.

## DIRECTIONS

### I-5 North

Take I-5 exit 227 in Mount Vernon (College Way/Hwy 538). At stop sign turn east (right) on to College Way and head east out of town (about 3.6 miles) until junction with Hwy 9. College Way will turn north (left) naturally onto Hwy 9 (Big Rock Grocery sits in middle of junction). Hwy 9 will proceed non-stop for 2.9 miles into Clear Lake. Upon entering town (just after speed limit drops to 25 mph) look for signs to the parking area on west side (left) of road off of Hwy 9 in the middle of town. Clear Lake Beach will be directly to the south from the parking area.

### I-5 South

Take I-5 exit 232 (Cook Road). Turn east (left) onto Cook Road and proceed 4.4 miles into Sedro Woolley until Hwy 20 interchange. At Hwy 20 stop light, turn right (west) onto Hwy 20 for about 100 yards to interchange with Hwy 9. Turn south (left) from Hwy 20 onto Hwy 9. Take Hwy 9 south for 3.4 miles to Clear Lake. Shortly after entering Clear Lake (speed reduces to 25 mph), you will notice signs for parking immediately off of Hwy 9 to the right (west). Clear Lake Beach is directly south from the parking area.

## FOR ADDITIONAL INFORMATION, CONTACT US AT:

### Skagit County Parks & Recreation

P.O. Box 1326  
Mount Vernon, WA 98273  
**360-416-1350** or fax 360-336-9493

E-mail: [parksrec@co.skagit.wa.us](mailto:parksrec@co.skagit.wa.us)

Web: [www.skagitcounty.net/parks](http://www.skagitcounty.net/parks)



Physical Address:  
12925 S. Front Street  
Clear Lake, WA

# Clear Lake Triathlon

## REGISTRATION FORM

**ENTRY FEE:** (please check either Iron Person, Team or Youth)

- ▶ ☐ **INDIVIDUAL/IRON PERSON** = \$60.00 by 6/6 or \$70.00 after 6/6
- ▶ ☐ **TEAM** = \$85.00 by 6/6 or \$95.00 after 6/6
- ▶ ☐ **YOUTH** = \$20.00 by 6/20 or \$25.00 after 6/20 or day of race

**REGISTRATIONS REQUESTED BY: FRIDAY, JULY 1<sup>ST</sup>**

**INSTRUCTIONS: Complete and sign entry form** (If team, all team members must sign, as well.). Enclose check, Money Order or write in Visa or MasterCard number on registration form. Send Registration form to:

**Skagit County Parks & Recreation**

Attn: Clear Lake Triathlon

P.O. Box 1326

Mount Vernon, WA 98273

[parksrec@co.skagit.wa.us](mailto:parksrec@co.skagit.wa.us)

360-416-1350 Office

360-336-9493 Fax

## IRON PERSON, YOUTH OR TEAM MAIN CONTACT:

**Please fill in all information!** (Please print legibly!)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State/Province: \_\_\_\_\_ Zip: \_\_\_\_\_  
PM Phone: \_\_\_\_\_ Phone #2: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
☐ Male ☐ Female Age: \_\_\_\_\_  
Birthdate: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**COMMEMORATIVE SHIRT SIZE** (Adult Sizes Only): Teams = 1 ea. too!

☐ XS ☐ Small ☐ Medium ☐ Large ☐ XL ☐ XXL

**Age Divisions** (Please Check One):

☐ 14 & Under (Youth Triathlon Only) ☐ 15-19 ☐ 20-24  
☐ 25-29 ☐ 30-34 ☐ 35-39 ☐ 40-44 ☐ 45-49  
☐ 50-54 ☐ 55-59 ☐ 60-64 ☐ 65-69 ☐ 70+

**Participant Waiver** (must be signed)

In consideration of your accepting my entry, I hereby for myself, my child or children when applicable, my heirs, executors and administrators waive and release any and all rights and claims for damages I or my child(ren) may have against Skagit County through Skagit County Parks and Recreation and its representatives, successors or assignees for any and all injuries suffered by myself or my child(ren) while going to, participating in, or returning from this activity. I have read this statement and my signature below verifies my and my child's acceptance of these conditions.

Signature: \_\_\_\_\_  
(parent must sign if under 18 years old)

**TEAMS ONLY**

**Swimmer** Print Name: \_\_\_\_\_  
☐ M ☐ F Signature: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Zip: \_\_\_\_\_ DOB: \_\_\_\_\_  
**Cyclist** Print Name: \_\_\_\_\_  
☐ M ☐ F Signature: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Zip: \_\_\_\_\_ DOB: \_\_\_\_\_  
**Runner** Print Name: \_\_\_\_\_  
☐ M ☐ F Signature: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/Zip: \_\_\_\_\_ DOB: \_\_\_\_\_

**PAYMENT METHOD** (please check one):

☐ Check ☐ Money Order Amount Paid: \$ \_\_\_\_\_  
☐ Visa ☐ MasterCard ☐ Cash (S.C.P.R. Office Only)  
Card #: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
3-Digit Code (from back): \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
Signature: \_\_\_\_\_

Cut X Here