

The Lake Lackawanna Investment Corporation Presents:

The Trout & The Troll Triathlon

Saturday, July 25th 11:00am Start Time*

1 Mile Paddle, 8 Mile Mountain-Bike, 4 Mile Trail Run
(some road, some rail-trail and some challenging trail)

3 Person Teams ONLY !!!

BYOB - Bring Your Own Boat & Bike (must have PFD)

\$60 per Team Entry Fee

Any Proceeds Benefit the LLIC & F2FSCWF

(Rain Date: Sunday, July 26th)

Team Name _____

Entries:	Name	Address	Age	Sex
Paddler:	_____	_____	___	___
Biker:	_____	_____	___	___
Runner:	_____	_____	___	___

Please Print Legibly - Minimum age 15 years old

4 Team Categories: All Male, All Female, Co-ed & Senior (Combined age 160+)

Times and distances are not certified. This is a recreational event.

Registration and Check-in at the Beach

Checks made payable to LLIC:

Mailed or Hand Delivered to The Trout & The Troll 172 Lackawanna Dr. Byram, NJ 07821

(Race will be limited to 60 Teams)

ACKNOWLEDGMENT & HOLD HARMLESS RELEASE FORM: I hereby grant permission for myself and/or my minor to participate in The Trout & The Troll Triathlon and assume all risks and hazards incidental to such participation. I waive and release all rights and claims for damages against LLIC, The Trout & The Troll, their employees, officers, staff, sponsors, and other participants for any and all injuries that may be suffered by the herein named minor or myself while participating in this event.

(Signature of all entrants or guardian)

(Date)

