

City of Portland Parks & Recreation Presents

***RUN, PADDLE & ROLL***



**1st Annual Triathlon  
Saturday, July 4, 2009  
Starts at 8:00 am—Thompson Field**



**\*Registration deadline Monday, June 15, 2009—In order to guarantee T-shirt.**

\*A team of two people is required

\*Event consists of 1.5 Mile Run, 3 Mile Canoe, 4.5 Mile Bicycle (Estimates)

\**Will need to provide your own bicycle.*

\*A t-shirt will be provided for registrants/Prizes awarded for top finishers.

\*Registration Team fee of \$40.00 must be paid at time of application.

(Must have a minimum of 12 teams for event to occur. **Triathlon limited to 20 Teams**)

**RETURN COMPLETED FORM AND MONEY TO CITY HALL, 259 KENT ST, PORTLAND, MI 48875  
INFO ALSO AVAILABLE AT [www.portland-michigan.org](http://www.portland-michigan.org) or call Mary at 517-647-7985.**

**Race day only call Michelle: 517-285-6518**

Team Member 1: \_\_\_\_\_

Age: \_\_\_\_\_ Circle one: Male or Female T-shirt size: XS S M L XL

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone #: \_\_\_\_\_

Team Member 2: \_\_\_\_\_

Age: \_\_\_\_\_ Circle one: Male or Female T-shirt size: XS S M L XL

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone #: \_\_\_\_\_

Liability Waiver:

Team Member 1 Signature: \_\_\_\_\_

Team Member 2 Signature: \_\_\_\_\_