

## Kids Triathlon Information

**Registration Fee:** \$10.00

**Time:** Approx. 30 min. Adult Tri.

**Awards:** All participants will receive a medal.

**Note:** Space is limited, Register Early!



Age Group	Swim	Bike	Run
5-6	25 yards	800 meters	300 meters
7-9	50 yards	2 miles	400 meters
10-13	100 yards	4 miles	800 meters

### On-line Registration at ZapEvent:

Use this link to go directly to the North Star Registration at

Zap Events:

<http://northstartri.zapevent.com>



## Registration Information

Event Fees:

### Individual Triathlon

\$40.00 before May 24th.

\$50.00 race day.

### Team Triathlon

\$25.00/team member before May 24.

\$30.00/team member on race day.

### 5k Run

\$20.00 before May 24th.

\$25.00 race day.

Note: Triathlon and 5K entry fees include t-shirt!

### Kids Triathlon

\$10.00 -includes medal

The RWC will also take registrations via phone (712-362-8484 with credit card) or via mail by sending registration to:

**Regional Wellness Center  
415 South 18th St.  
Estherville IA 51334**

Include check or money order.

# North Star Triathlon 5K and Kids Tri



**Saturday, May 25, 2013**

### Events:

**5k Run @ 8:00 am**

**Triathlon @ 10:00 am**

**Kids Triathlon @ 12:30 pm**

Register at:

[www.ZapEvent.com](http://www.ZapEvent.com)

Held at:

**REGIONAL WELLNESS CENTER  
415 SOUTH 18TH STREET  
ESTHERVILLE IA 51334**

# RWC North Star 5K, North Star Triathlon & Kids Triathlon Schedule

**Friday, May 24**

- Packet pick-up from 6-7 pm.

**Saturday, May 25 (Race Day)**

- 5K Packet pick-up 7-7:45 am.
- Triathlon Packet Pick-up from 7 am-9 am.

## Age Categories/Awards For Tri

### Male and Female Age Groups

14-18, 19-29, 30-39, 40-49, 50-59, 60+

### Individual Overall Winners

Male & Female

**Tri Team Relay:** Overall Winner



## Age Categories/Awards for 5K

### Male and Female Age Groups

12 & Under, 13-18, 19-25, 26-35, 36-49,  
50-59 and 60+)



Electronic timing will be provided by [Race Place Chip Timing](#),  
[Lake Crystal MN](#) and all participants will wear a timing chip.

## Tri Swim

- 300 yds. swim—6 laps
- The swim will be in a “Snake” format crossing under the lane ropes each lap.

**[It is very important that participants submit accurate 300 yd. times!](#)**

### Transition 1

**Exit pool to the south side of the RWC and proceed to bike staging area. First split time will be taken when leaving area.**

## Tri Bike

- Bike course is 12 miles out and back course.
- Race volunteers will be on the course.
- Race maps will be provided.
- Helmets are required and traffic laws must be obeyed.

### Transition 2

**Bikers will re-enter the bike staging area and exit out as directed.**

## Tri Run (and 5K Run)

- Participant will run a 5K beginning at the RWC and ending at the RWC.
- Course will be well marked and fairly flat with a water station provided.

## Team Triathlon Information:

- ◆ Team competitors can consist of a 3-member team where one member swims, one member bikes, and one member runs.
- ◆ Teams of 2 may also be entered where one individual participates in two of the activities. Teams may consist of all men, all women or be co-ed.
- ◆
- ◆ Teams will swim first, Swimmers must submit 300 yd. swim time.

### **Contact/Location Information:**

Regional Wellness Center  
415 South 18th Street  
Estherville, Iowa 51334  
712-362-8484

[www.rwcinfo.com](http://www.rwcinfo.com)

[robert.grems@estherville.k12.ia.us](mailto:robert.grems@estherville.k12.ia.us)

### **Estherville, IA is located:**

- ◆ 14 miles east of the Okoboji, IA
  - ◆ 33 miles southwest of Fairmont, MN
  - ◆ 110 miles east of Sioux Falls, SD
  - ◆ 180 miles northwest of Des Moines
- The Regional Wellness Center is located on the east side of Estherville—2 blocks south of Hwy. 9.

### **Hotel Information: (Valid until 5-15)**

Sleep Inn of Estherville is offering special rates for event participants. Call 712-362-5522 and ask for the “North Star Triathlon rate. Receive a 25% discount by identifying yourself as a Tri participant.