

"ITSALLABOUTFUN" REGISTRATION FORM

Number (office use) # _____

Return this page with fee (check to Winsted Park & Rec. Dept. by September 2nd to:
Winsted Park & Rec. Dept, 338 Main Street, Winsted, CT 06098

Fee: \$15 per person (includes T-Shirt if returned by deadline) List T-Shirt sizes _____

Team Categories: **TEAM NAME:** _____
1. Ironman (Be Creative)

2. Ironwoman
3. Tinman (2 persons) **CATEGORY:** _____
4. Full Team (4-6 persons)

Individual participants competing in all four legs of the race are solely responsible for arranging help with their equipment. Race personnel will not be available to care for bikes, canoes, etc.

Prizes will be awarded in all categories and then some! Categories are subject to change depending on participants

RUNNER: Name: _____ Age: _____ Sex: _____
(Choose Shorter Route A _____ or Longer Route B _____)

Address: _____ Zip: _____ Phone: _____

Signature _____

CANOEIST/KAYAKER: Name: _____ Age: _____ Sex _____

Address: _____ Zip: _____ Phone: _____

Signature _____

CANOEIST/KAYAKER: Name: _____ Age: _____ Sex _____

Address: _____ Zip: _____ Phone: _____

Signature _____

CYCLIST: Name: _____ Age: _____ Sex _____

Address: _____ Zip: _____ Phone: _____

Signature _____

CYCLIST: Name: _____ Age: _____ Sex _____

Address: _____ Zip: _____ Phone: _____

Signature _____

SWIMMER: Name: _____ Age: _____ Sex _____

Address: _____ Zip: _____ Phone: _____

Signature _____

In consideration for allowing me or my team to compete in the Winsted Highland Lake Relay, I hereby waive any liability the sponsors may have to me arising out of my participation in this year's race; furthermore, I warrant I have read the rules and regulations of the Winsted Relay and, as an individual participant in the Winsted Relay, I hereby agree to hold harmless all other sponsors, including but not limited to the Town of Winchester and/or the Highland Lake Watershed Association for any damage either physical, personal, or property, to me, my equipment, or property which may arise in relation to my participation in the Winsted Highland Lake Relay.

I am aware that participation may present a serious strain to my body, or its parts, and I further warrant to the sponsors that to the best of my knowledge I am in a proper physical condition to allow me to participate.

All team members must complete and sign on signature line agreeing to the above disclaimer. Parent or guardian must also sign disclaimer if participant is under 18 years of age on the day of the Relay.

Signature of Applicant (or parent/guardian, if under age 18) _____ Date _____

"IT'S ALL ABOUT FUN"

RELAY RACE – SEPT. 12, 2015 OFFICIAL REGISTRATION FORM

*Registration Due by September 2, 2015

- **Report Time:** 8:00 A.M. Resha Beach
- **All Contestants' Meeting:** 8:30 A.M. Resha Beach
(Meeting is mandatory)
- **Race Start Time:** 9:00 A.M. Resha Beach

RACE ROUTES

- 1st Leg – Running:** A -- Resha Beach to Holland Beach .8 mile
or
B – Resha Beach around Shore Drive, around
Perch Rock Trail to Holland Beach 1.7 miles
- 2nd Leg – Canoe or Kayak:** From Holland Beach to Resha Beach and back
- 3rd Leg – Bike:** Counterclockwise around lake 1 ³/₄ times.
Change of cyclist allowed at Resha Beach
- 4th Leg – Swim:** "M" shaped swim at Resha Beach

Teams Limited to 60. Return Application and Fees to:

Winsted Recreation Department
338 Main Street
Winsted, CT 06098

For additional information:
Contact the Winsted Recreation Department at 860-379-8670

Winsted's Highland Lake Relay Rules and Regulations

All

- Report – 8:00 a.m..
- Mandatory contestants' meeting at 8:30 a.m.

Runners

- Parking – Resha Beach
- Keep to the left on roadways.
- All intersections will have race marshals stationed at them.
- Bib must be clearly visible and wristband must be worn.

Canoeists/Kayakers

- Cars not allowed at boat ramp.
- Parking - Holland Beach parking lot.
- Canoes & Kayaks exit lake upon completion of race.
- Approved life vests must be worn.
- Handoff - One canoeist stays with canoe while the bib canoeist waits in the pen for the handoff. Bib must be visible. Numbers will be called and posted.
- Passageways between canoes and kayaks must be kept open and clear.
- In case of tip over, a safety boat will assist you. You won't be disqualified. Depending on traffic, they will use their discretion whether to
 - (1) pull you to shore to right the boat or
 - (2) right the boat where you stopped.
- If you see another boat tipped, use caution. Keep clear and be careful not to hit anyone with paddles.
- For kayaks, double-ended paddles are allowed.
- Team numbers:
 - Apply 2 numbers to dry boat (one for each side at front of canoe). Tape will be available.

Cyclists

- Number - wear on upper center of back.
- Protective helmet must be worn.
- Roads are not closed to traffic. Stay to the right of the yellow center line.
- Escorts will not be allowed.
- Learn the race routes.
- Caution when biking in a pack. Hold your spot. Don't weave in and out.
- Strap your pump on securely to avoid accidents.
- Route is 1 $\frac{3}{4}$ laps counter clockwise around the lake. Course map is posted at Resha Beach. You may change cyclists at Resha Beach.

Swimmers

- No fins are allowed.
- Goggles are allowed.
- No floatation devices allowed.