



# Monmouth County Park System's TIMBERBROOK TRIATHLON

Saturday, October 9, 2010

9:00 a.m. Start

Manasquan Reservoir, Howell, NJ

Beginner and experienced triathletes are invited to challenge this beautiful course through the woodlands, marshes and open waters of the 1000 acre Manasquan Reservoir Recreation Area.

Be a part of this truly unique racing experience.

**Course:**

**Run 3 Miles:** Racers begin with a cross country trek on a woodland trail.

**Canoe/Kayak 2 Miles:** Next, Athletes continue with a triangle shaped course on the open waters of the reservoir

**Mountain Bike 5 Miles:** Competitors conclude by traveling the perimeter trail for the bike portion of the event.

**Awards & Categories**

**Team:** Two or three racers complete the course with a relay-type transition between each portion of the event. First portion must be completed by one runner. **Canoe/Kayak portion must be completed by two teammates in the same boat. Same teammate cannot do run and bike.** Awards are presented in the following divisions: Men's and Women's 19 & under, Men's & Women's 20-39, Men's & Women's 40-59, Men's & Women's 60 & up; Family (any combination of adult and at least one child under age 16); Mixed (any mixed gender combination) same as groups as above.

**Solo (Canoe):** One triathlete completes all three portions of the event, running the first leg. Awards are presented in the following divisions: Men's & Women's 19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 & up

**Solo (Kayak):** One triathlete completes all three portions of the event, running the first leg. Same award divisions as Solo Canoe above.

**Rules:**

All competitors must follow the principles of good sportsmanship. An ANSI approved bike helmet is mandatory. An approved life jacket (type III or IV) **must be worn by each participant** throughout the canoe/kayak portion of the event. All bikes are subject to a safety test the day of the race.

**Registration:**

**Registration Fee:** \$30/solo entry; \$45/team entry. **Must be received by October 5th or until race is full, whichever comes first.** No race day entries. No refunds/substitutions after October 5th. Race day check-in begins at 7:15 a.m.

**Canoe/Kayak Rental:** A very limited number of canoes and kayaks are available for rental at \$15/boat, including paddles and lifejackets. *Register early –boats go fast!*

**ONLINE REGISTRATION begins August 11<sup>th</sup> at [www.monmouthcountyparks.com](http://www.monmouthcountyparks.com)**

Make checks payable to: **Board of Recreation Commissioners**  
**Mail to:** Program Registrations, Monmouth County Park System, 805 Newman Springs Rd. Lincroft, NJ 07738

**Please Note:** In the event of high winds or poor conditions, the canoe/kayak portion of the race will be cancelled. Race information and course map can be found at

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

If you would like it mailed please call number below:

(732) 542-1642 ext. 23 or for more information

[rward@onmouthcountyparks.com](mailto:rward@onmouthcountyparks.com).

**2010 Timberbrook Triathlon**

Please Print

Check one:  Single Gender Canoe Team **XF704A**     Mixed Canoe Team **XF704A**     Single Gender Kayak Team **XF804A**  
 Solo Canoe **XF504A**     Solo Kayak **XF604A**     Family Canoe **XF704A**  
 Family Kayak **XF804A**     Mixed Kayak Team **XF804A**

Name (s) \_\_\_\_\_ Sex \_\_\_\_\_ Age: \_\_\_\_\_  
 Captain or Solo Entrant: 1. \_\_\_\_\_ T-shirt Size: S M L XL M F \_\_\_\_\_  
 2. \_\_\_\_\_ T-shirt Size: S M L XL M F \_\_\_\_\_  
 3. \_\_\_\_\_ T-shirt Size: S M L XL M F \_\_\_\_\_

Address of Capt. Or Solo Entrant: \_\_\_\_\_

Street: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Daytime Phone ( ) \_\_\_\_\_

**RX609A** Canoe Rental - \$15 (limited to 15)

**RX070A** Kayak Rental -\$15 (limited to 10)

**Please Read and sign waiver-if team entry all members must sign the waiver.**

In consideration of the acceptance of my entry into the Monmouth County Park System Timberbrook Triathlon, I, the undersigned, intending to legally bind myself, my heirs, executors and administrators, hereby waive, release and hold harmless the Monmouth County Park System, Monmouth County Board of Recreation Commissioners, Monmouth County Board of Chosen Freeholders, New Jersey Water Supply Authority, and any person or entity associated with the Triathlon from any claims or damages, demands, liability actions or judgments of any nature, arising out of my participation in the event. I recognize that I must be in good health and sufficient training and experience in order to participate in the event. I further state that my ability to participate in and successfully compete in this event has been attested by a qualified, licensed physician. I also give permission for the use, without fee, of my name and picture in any broadcast, telecast, or print media account of this event for promotional and publicity purposes.  
 I further acknowledge that I have read and accept this conditions under which my entry is made.

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Participant's Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian's Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian's Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_

Parent or Guardian's Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_