

Mountain Runners
PO Box 915
Mount Shasta, CA 96067-0916

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SWIM ... BIKE ... RUN
in the Shadow of Majestic Mount Shasta

MOUNT SHASTA TINMAN TRIATHLON

Sunday, September 4, 2009



Graciously sponsored by

 **Mercy Medical Center Mt. Shasta**
CHW Northern California

**LAKE SISKIYOU
CAMP RESORT**

Law Offices Of

**LEONARD
&
LYDE**

Chico & Oroville

Postal Pre-Processing done by disabled adults at the Siskiyou Opportunity Center

PRE-RACE DINNER REGISTRATION

(YOU CAN ALSO REGISTER AT THIS TIME FOR THE LATER REGISTRATION FEE)

Saturday, September 3 • 5 to 7 p.m.

Lake Sis Grille & Brew (outside in the picnic area)

Map posted at www.dunsmuirrotary.org/Dunsmuir_Rotary/Tinman.html

- YES!** I want to take part in the FREE pre-race spaghetti dinner (free for race participants ~ only \$5 for friends and family). You will be asked to pay a \$1/person resort entry fee at the gate. Fee will be refunded at the dinner if you ask.

Your name: _____

Number of FREE dinners (race participants): _____

Number of paid dinners @ \$5 each : _____ Total enclosed for dinners: _____

Total number of dinners (free and paid): _____

- No thank you. I'll pass this year on the free dinner.

Mount Shasta Tinman Triathlon • September 4 • 8:30 A.M.

Graciously sponsored by

Lake Siskiyou Camp Resort • Leonard & Lyde • Rotary Club of Dunsmuir

Please complete this form and return it to:

Mount Shasta Tinman • c/o Rotary Club of Dunsmuir • P.O. Box 263 • Dunsmuir, CA 96025

ENTRY FEES

- ♦ *Early Bird Special* – postmarked by August 15 \$40 solo ... \$75 teams
- ♦ Standard registration – postmarked August 20 to August 26: \$45 solo ... \$85 teams
- ♦ Late registration – postmarked after August 26: \$50 solo ... \$95 teams

Make checks payable to the Rotary Club of Dunsmuir.

Check the category in the list below you want to participate in. ***Check only one box.***

Use one application for each solo or team registration. • Waiver on reverse ***must*** be signed.

MEN'S SOLO

- | | |
|--|--|
| <input type="checkbox"/> Preteen
(Under 13) | <input type="checkbox"/> Big or Tall |
| <input type="checkbox"/> 13-15 | <input type="checkbox"/> Nurse |
| <input type="checkbox"/> 16-19 | <input type="checkbox"/> Doctor |
| <input type="checkbox"/> 20-24 | <input type="checkbox"/> Therapist |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> Med. Tech. |
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> Mental Health |
| <input type="checkbox"/> 35-39 | <input type="checkbox"/> Media |
| <input type="checkbox"/> 40-44 | <input type="checkbox"/> Law Enforce. |
| <input type="checkbox"/> 45-49 | <input type="checkbox"/> Costume |
| <input type="checkbox"/> 50-54 | |
| <input type="checkbox"/> 55-59 | |
| <input type="checkbox"/> 60-64 | |
| <input type="checkbox"/> 65-69 | |
| <input type="checkbox"/> 70 & up | |

TEAM

- | | |
|--|--|
| <input type="checkbox"/> Men | <input type="checkbox"/> Business |
| <input type="checkbox"/> Women | <input type="checkbox"/> Gov. Agency |
| <input type="checkbox"/> Mixed | <input type="checkbox"/> Doctor |
| <input type="checkbox"/> Preteens | <input type="checkbox"/> Nurse |
| <input type="checkbox"/> Teens | <input type="checkbox"/> Health Club |
| <input type="checkbox"/> Senior Men | <input type="checkbox"/> Media |
| <input type="checkbox"/> Senior Women | <input type="checkbox"/> Hospital |
| <input type="checkbox"/> Senior Mixed | <input type="checkbox"/> Mental Health |
| <input type="checkbox"/> Family | <input type="checkbox"/> Teacher |
| <input type="checkbox"/> Med. Tech | <input type="checkbox"/> Costume |
| <input type="checkbox"/> Law Enforcement | |

TEAM NAME:

WOMEN'S SOLO

- | | |
|--|--|
| <input type="checkbox"/> Preteen
(Under 13) | <input type="checkbox"/> Big or Tall |
| <input type="checkbox"/> 13-15 | <input type="checkbox"/> Nurse |
| <input type="checkbox"/> 16-19 | <input type="checkbox"/> Doctor |
| <input type="checkbox"/> 20-24 | <input type="checkbox"/> Therapist |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> Med. Tech. |
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| <input type="checkbox"/> 40-44 | <input type="checkbox"/> Law Enforce. |
| <input type="checkbox"/> 45-49 | <input type="checkbox"/> Costume |
| <input type="checkbox"/> 50-54 | |
| <input type="checkbox"/> 55-59 | |
| <input type="checkbox"/> 60-64 | |
| <input type="checkbox"/> 65-69 | |
| <input type="checkbox"/> 70 & up | |

Name: _____ M or F (circle one) Age*: _____

Address: _____ City: _____ ST: _____ ZIP: _____

Phone: _____ Email: _____

WAIVER SIGNATURE* (REQUIRED): _____

SHIRT SIZE (circle only one): SM MED. LG. XL XXL XXXL

Name: _____ M or F (circle one) Age*: _____

Address: _____ City: _____ ST: _____ ZIP: _____

Phone: _____ Email: _____

WAIVER SIGNATURE* (REQUIRED): _____

SHIRT SIZE (circle only one): SM MED. LG. XL XXL XXXL

Name: _____ M or F (circle one) Age*: _____

Address: _____ City: _____ ST: _____ ZIP: _____

Phone: _____ Email: _____

WAIVER SIGNATURE* (REQUIRED): _____

SHIRT SIZE (circle only one): SM MED. LG. XL XXL XXXL

*** WAIVER The accompanying waiver must be signed to participate in this event.**

SWIM...BIKE...RUN...AND EVERYONE WINS!

Have a great time while supporting the community service projects of the Rotary Club of Dunsmuir • www.dunsmuirrotary.org

LOCATION: The Tinman takes place Sunday of Labor Day weekend at Lake Siskiyou Camp resort 3 miles SW of the central Mount Shasta exit (Interstate 5). Campground reservations if you wish to stay over: 530-926-2618.

RACE ROUTE: The swim begins at the Lake Siskiyou Marina. After the swim, contestants mount their bikes and ride out of the Lake Siskiyou Camp Resort approximately 5 miles to the intersection of W. A. Barr and Old Stage Roads then back to the transition area. The run goes through the Nature Trail to W. A. Barr Road and then north on the road to the turn around-point. Maps are posted at www.dunsmuirrotary.org

SPECIAL NOTE: Everyone pays a \$1 per person entry fee at the main gate that is refundable at the Late Registration Table.

COURSE: 740-yard swim, 10-mile bike, 4.5 mile run. Map is provided to all contestants. Please do not practice the routes. It disturbs the campers.

SWIM: Wet suits optional—Lake is approximately 70° F.

SAFETY: Bright-colored swim-caps and Snell standard bicycle helmet are required. **NO HELMET — NO RACE.** We have swim caps available.

CHECK-IN: 6:30 TO 8:00 A.M. race day at Lake Siskiyou Marina Pre-registered: pick up packet then or at Carbo-Load Dinner the night before. Late registration: Race day and at the Carbo-Load Dinner the night before. Race starts at 8:30 with wave starts.

AWARDS: Medals for 1st, 2nd, & 3rd place solo and team members and for overall winners plus medals in special categories such as farthest traveled to reach the event. Tee-shirts guaranteed for the first 250 registered competitors.



The Mount Shasta Tinman Triathlon

PRODUCED BY THE

Rotary Club of Dunsmuir

AND GRACIOUSLY HOSTED BY

Lake Siskiyou Camp Resort

Toll Free: 888-926-2618 • www.lakesis.com

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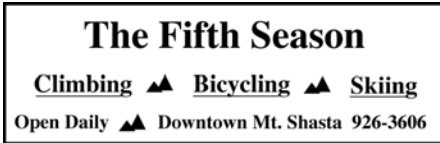
Bus: (530) 926-2665 P.O. Box 1030
Fax: (530) 926-5001 Mt. Shasta, CA 96067-1030

SAFETY SUPPORT

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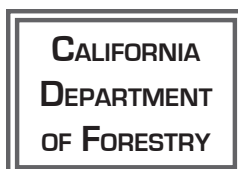
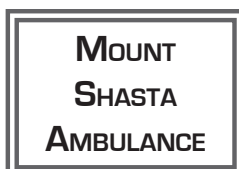


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