

Last Name \*required field  
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 First Name \*required field  
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 Birthdate \*required field \_\_\_\_\_ Age \*required field \_\_\_\_\_ Sex \*required field **M F**  
 Address \*required field  
 \_\_\_\_\_  
 Address (Line 2)  
 \_\_\_\_\_  
 City \*required field  
 \_\_\_\_\_  
 State \*required field \_\_\_\_\_ Postal Code \*required field \_\_\_\_\_ - \_\_\_\_\_ Country  
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 Phone /Day \*required field  
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 Phone /Night  
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 Email  
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 Team Name  
 \_\_\_\_\_  
 T-Shirt \*required field **XS S M L XL 2xL** Youth Tri. Sizes \*required field **YM YL S M L** (Youth Tri. Only)

Teams: Please complete a separate form for each team member

**TRITHECOOKIE.COM - COB.ORG/RACES**

**Entry Fees and Payment Method**

Select Your Event:	Early	Late	
<b>3/17 Runnin' O' the Green</b> -----	<b>\$15</b>	<b>\$20</b>	_____
<input type="checkbox"/> 2-Mile (24714)			
<input type="checkbox"/> 5-Mile (24715)			
<b>6/23 Padden Triathlon Relay + \$10</b> -----	<b>\$50</b>	<b>\$60</b>	_____
<input type="checkbox"/> Competitive (24718)			
<input type="checkbox"/> Recreational (24719)			
<b>7/21 Padden Duathlon 1/3 Less Race Relay + \$5 (24722)</b> -----	<b>\$20</b>	<b>\$25</b>	_____
<b>8/11 Youth Triathlon Relay + \$5</b> -----	<b>\$15</b>	<b>\$20</b>	_____
<input type="checkbox"/> Division 1 (24727) <input type="checkbox"/> Division 3 (24729)			
<input type="checkbox"/> Division 2 (24728)			
<b>9/8 Fairhaven Runners Waterfront 15K (24724)</b> -----	<b>\$20</b>	<b>\$25</b>	_____
<b>10/14 Klicks Duathlon Relay + \$5 (24725)</b> -----	<b>\$15</b>	<b>\$20</b>	_____
<b>6/11- All-Comer's Track &amp; Field</b> -----	<b>Indi.</b>	<b>Fam.</b>	
<b>9/27</b> <input type="checkbox"/> Individual (24717)	<b>\$30</b>	<b>\$90</b>	_____
<input type="checkbox"/> Family (24716)			
<b>Total Payment/Credit Card Charge</b>			_____

Payment Method

- Check Enclosed** Payable to Bellingham Parks & Recreation (BP&R)
- Visa**
- MasterCard**

Card#: Please Print Legibly  
 \_\_\_\_\_

Exp. Date: \_\_\_\_\_ / \_\_\_\_\_

Cardholders Name: \_\_\_\_\_  
 Signature: \_\_\_\_\_

**Competitor's Agreement**

I will:

- Not wear headphones (earbuds) during any portion of the event.
- Arrive early to allow time for parking, check-in, and registration.
- Run/Walk/Ride in a courteous manner to the right of the trail or road.
- Not draft.
- Run/Walk/Ride no more than two abreast.
- Yield to faster participants, oncoming traffic and pedestrians.
- Be responsible for my own equipment.
- Be respectful of others using parks and obey park rules.
- Obey all traffic laws.
- Ride in a safe, controlled manner.
- Wear a helmet on the biking portion of any event.
- Dismount my bike in the transition area.
- Understand when course support and timing will end.
- Keep my pets off the course during competition.
- Complete any swims unaided or be disqualified.
- Be respectful of the race director and his minions.
- Grant my permission to the City of Bellingham and its sponsors to use photographs, motion pictures, personal data, recordings or any other record of this event for legitimate purposes.

I realize I am competing at my own risk and have read and will follow the above expectations allowing for my own safety and that of others.

**Refund Policy**

These programs are not eligible for refund.

**Participants must sign the following prior to competition.**

I/WE realizing no insurance coverage is provided for the participants, will assume financial responsibility for any costs relating to any accident/injury that may occur while participating in the above named program. Furthermore, I will not hold the City of Bellingham, employees, volunteers or anyone otherwise involved in named programs responsible for any accident/injury that may occur. I have read and agree with the Competitor's Agreement.

**I HEREBY AFFIRM THAT I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENT.**

PRINT NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
 Competitor

PRINT NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
 Parent/Legal Guardian (If <18 years old)

**Mail application to:**

**Bellingham Parks & Recreation  
 3424 Meridian St.  
 Bellingham, WA 98225**

Participants may register via www.trithecookie.com, fax, mail or in person at Bellingham Parks & Recreation 3424 Meridian St. Bellingham, WA 98225 ph. (360) 778-7000 fax (360) 778-7001.

# 2012 RACES

## Runnin' O' the Green

March 17

**Divisions:** 2.7 mile fun run/walk; 5 mile run

Celebrate St. Patrick's Day with a fun walk/run from downtown's Depot Market Square. 5 miles (no strollers) & 2.7 miles (strollers OK).

**Pre-Registration:** \$15 by February 17

**Late/Day of Race Registration:** \$20 (shirt not guaranteed day of race)

**Registration/Check In:** 8:30 to 9:45 a.m. ID Required.

**Start:** 10:00 a.m.

**Time Limit:** 1 hour

**Awards & Drawing:** 11:20 a.m.

## Padden Triathlon

June 23

**Divisions:** Division 1: Competitive; Division 2: Recreational

**Swim:** Competitive 1/2 mile; Recreational 1/4 mile.

Starting near the Padden bath house participants swim directly across the lake and back in a counter clockwise loop.

**Bike:** Competitive 21 miles; Recreational 10 miles.

The bike leg will start and finish near the bath house.

**Run:** Competitive 5.2 miles; Recreational 2.6 miles.

The run (counter-clockwise) will circle Lake Padden. Competitive will do two laps and Recreational will do one.

**Teams:** Teams of 2 or 3 (teams + \$10).

**Timing:** The event will be chip timed.

**Pre-Registration:** \$50 by May 23

**Late Registration:** \$60 to June 20 No Day of Race Registration

**Maximum Registration for each division is 300.**

**Check In/Package Pickup:** 7:30 a.m. to 12:30 p.m. ID required.

**Start:** Competitive 8:30 a.m.; Recreational 1:00 p.m.

**Time Limit:** Competitive 3 hours; Recreational 2.5 hours

**Awards & Drawing:** Awards & draw prizes will follow each event.

Awards will be given to the first three male and female solo finishers in each race. All other prizes will be draw prizes and open to all participants.

## All-Comer's Track & Field

June 11-Aug.27

**Divisions:** 2 year age groups under 18 - 19+ 10 year age groups

**Season Pass:** \$30 Individual - \$90 Family (includes shirt)

**Day Pass:** \$4

**Registration/Check In:** Registration opens at 5:30 and will remain open up to the Jogger's Mile.

**Start:** 6 p.m. (See website for specific event times.)

**Awards & Drawing:** Blue, red & white ribbons are awarded to the all top 3 in each event. All other participants receive green ribbons. Jogger's mile participant who guess their time within 3 seconds receive a prize.

## Padden Duathlon

July 21

**Run:** 2.6 miles

The first run will circle Lake Padden counter-clockwise starting & finishing at the West entrance.

**Bike:** 14.5 miles

The bike loop will run south to and counter-clockwise around Lake Samish then back to Padden.

**Run:** 2.6 miles

The final leg will be a clockwise loop around Lake Padden.

**Teams:** Teams of 2 or 3 (teams + \$5).

**Pre-Registration:** \$20 by June 21

**Late/Day of Race Registration:** \$25

**Maximum Registration is 200.**

**Registration/Check in:** 7:30 a.m. ID required.

**Start:** 9:00 a.m.

**Time Limit:** 2.5 hours

**Awards & Drawing:** The top three solo male and female finishers will receive awards. Draw prizes open to all participants.

## Bellingham Youth Triathlon

August 11

**Divisions:** Division 1, 11-13; Division 2, 9-10; Division 3, 8 & under

**Swim:** Division 1: 400 yds.; Division 2: 200 yds.; Division 3: 100 yds.

Swimming is the first leg and will be done in heats in the Arne Hanna Aquatic Center.

**Bike:** Division 1: 3 miles; Division 2: 2 miles; Division 3: 1 mile

The bike leg will be on the lesser-traveled roads near the Arne Hanna Aquatic Center.

**Run:** Division 1: 1 mile; Division 2: 1/2 mile; Division 3: 1/4 mile

The run (counter-clockwise) will take place in the field next to the Arne Hanna Aquatic Center. Division 1 will do 1 mile, Division 2 will do a 1/2-mile and Division 3 will do a 1/4-mile.

**Teams:** Teams of 2 or 3 (teams + \$5).

**Pre-Registration:** \$15 by July 11

**Late/Day of Race Registration:** \$20 July 9 and Day of Race

**Registration/Check In:** 8:00 a.m.

**Start:** Division 1: 9:00 a.m., Division 2: 10:00 a.m.,

Division 3: 11:00 a.m.

**Time Limit:** Before the start of the next race.

**Awards & Drawing:** The awards ceremony will follow shortly after the finish of the Division 3 race.

## Fairhaven Runners Waterfront 15K

September 8

This beautiful, flat and fast 9.3-mile course loops along Bellingham Bay. Starts and finishes adjacent to Fairhaven's Village Green. Walkers Welcome. (Average 16 minutes/mile.)

**Timing:** Timing chips and race packets may be picked up race day only.

**Pre-Registration:** \$20 by August 8

**Late Registration:** \$25 August 9 - September 6

No Day of Race Registration

**Maximum Registration is 1,000.**

**Shirt:** tech shirt to all registrants.

**Check In:** 7:00 - 8:15 a.m.

**Start:** 8:30 a.m.

**Time Limit:** Course support and timing ends at 11:00 a.m., 3 hours after start.

**Awards & Drawing:** Awards will be given to the top male and female winners, masters 40+ and grand masters 60+. Medals will be awarded three deep in each division.

## Klicks Mt. Bike Duathlon

October 14

**Run:** 2.6 miles

The counter-clockwise run will circle Lake Padden's gravel path.

**Mt. Bike:** 4 miles

Four hilly miles of the expert loop.

**Run:** 2.6 miles

The clockwise run will circle Lake Padden.

**Teams:** Teams may register online.

**Pre-Registration:** \$15 by September 14

**Late/Day of Race Registration:** \$20 September 15 to Day of Race

**Maximum:** 200

**FREE LONG-SLEEVE TECHNICAL SHIRT** to first 100 registrants!

**Registration/Check in:** 9:30 a.m.

**Start:** 11:00 a.m.

**Time Limit:** 2 hours, 5 minutes

## YMCA Youth Duathlon

October 14

### FREE EVENT

Prize drawing after the race

**Division 1:** 5 - 7 (R. 1/8mi., B. 1/2mi., R. 1/8mi.) - Start: 1 p.m.

**Division 2:** 8 - 11 (R. 1/4mi., B. 3/4mi., R. 1/4mi.) - Start: 1:30 p.m.

**Division 3:** 12 - 15 (R. 1/2mi., B. 2 1/2mi., R. 1/2mi.) - Start: 2 p.m.

For more information, contact Tammy Bennett, (360) 733-8630 or [tbennett@whatcomymca.org](mailto:tbennett@whatcomymca.org)

# BELLINGHAM 2012 RACE SERIES



## OFFICIAL RACE APPLICATION 2012



Runnin' O' the Green



Padden Duathlon



Bellingham Youth  
Triathlon



FAIRHAVEN RUNNERS  
WATERFRONT 15k



Klicks Mt. Bike Duathlon