

We want to thank you for participating in a Black Hills Multi-Sport (BHMS), Inc. Event. Most of your entry fee, from this event, will go toward help area kids. In 2013 will be contributing excess monies from our event to the follow charities. Wellspring, Club for Boys of Rapid City, Northern Hills CASA, and GREAT Swimming. If you want to help these organizations yourself, add additional donation during your registration process.

BHMS WILL BE CONTRIBUTING TO THE FOLLOWING ORGANIZATIONS WITH A PORTION OF YOUR REGISTRATION FEES.



Rapid City Triathlon



Rapid City Triathlon
 Produced by BH Multi-Sports, Inc.
 4020 Canyon Dr.
 Rapid City, SD 57702
 605-484-3264
 SPONSORED BY



Sunday, June 16th, 2013
Swim 800 meters
Bike 18 K
Run 5K
Horace Mann Pool,
Rapid City, SD

Sunday, June 16, 2013

Start 7:00 am

Start, exchange and finish at Horace Mann Pool. Horace Mann Pool is located at 818 Anamosa Street.

Swim Leg: 800 Meters. 16 lengths in the Horace Mann Pool. Swimmers will start based on estimated swim times (fastest to slowest). No fins, snorkels, or propulsion devices allowed.

Bike Leg: 18K on a city street (Haines Avenue). The ride is an out and back with rolling hills.

Run Leg: 5K run from Horace Mann Pool down to the Executive Golf Course and back to the finish at Horace Mann Pool.

Order of Events

Saturday, June 15th:

4 - 6 PM Package Pick-Up and Questions

Sunday, June 16th:

6:00-6:30 am Check-in chip pickup and Swim Warm-up

6:45 am Final race instructions

7:00 am Race begins

At the conclusion of the race there will be a picnic and the Awards Ceremony will occur no earlier than 10:30 am

Questions?

Contact: Duncan Olney 605-484-3264

The Genuine. The Original.



Race Packet Pick Up

Pick up your race packet on Saturday, June 15th at the Horace Mann Pool, 818 Anamosa St. between 4 and 6 PM. Secondary Pick up is at Horace Mann Pool, Sunday, June 16th between 6:00 and 6:30 AM.

Lodging (STILL CONTRACTING)

(The newly renovated Hotel Alex Johnson is hosting the 2011 Triathlon with a special discounted rate of \$99. The hotel is located in the heart of downtown and features a pub, Seattle's Best, and salon and spa all on-site and has just completed a multi-million dollar top to bottom renovation. Please call 1-605-342-1210 to make reservations. Be sure to mention the Rapid City Triathlon for your special pricing.)

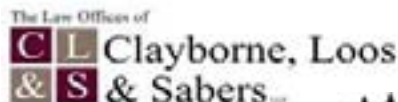
Individual Competition

First place overall for men and women will be awarded. Racers will be scored in the following men's and women's categories: 13-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+

Team Competition

Team competition will consist of two or three person teams of all males, females, mixed coed, and family teams. Participants must be 13 or older.

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ENTRY FEES

All participants will receive a T-shirt, medal, and a race packet. Entry fees are non-refundable. Registrations open Jan. 15 at imATHLETE.com

Register now!

you can register now at



Individual Fees and dates:

| | |
|--------------|---------|
| 1/15 to 4/28 | \$50.00 |
| 4/28 to 6/10 | \$65.00 |
| 6/11 to 6/13 | \$75.00 |

Team competition fees and dates:

| | |
|--------------|----------|
| 1/15 to 4/28 | \$80.00 |
| 4/28 to 6/10 | \$90.00 |
| 6/10 to 6/14 | \$100.00 |

Waivers:

All participants must sign USA Triathlon Participant Waiver. Also Triathlon Directors reserve the right to reclassify any entrant in the interest of fair play. I hereby acknowledge that I have read the race rules and agree to the limitations and conditions of the race rules. I also hereby for myself, my heirs, executors, and administrators waive and release any and all rights or claims I may have against the Rapid City Triathlon or their respective agents, representatives, successors, and assigns, for any and all injuries suffered by me in connection with my competition or presence in said triathlon. I attest and verify that I am physically fit to compete in and complete this event. (Parent/Guardian must sign for minors under age 18).