



11TH ANNUAL

Stoneman Sprint

and

Iron Abe Olympic

Triathlons

presented by **TriHarder Promotions**

For More Information or to register, go to www.Triharderpromotions.com



SATURDAY JULY 28, 2012

Springfield, Illinois

Lake Springfield Beach House

RACE DIRECTOR: **USAT Certified** Steve O'Connor



IRON ABE
OLYMPIC TRIATHLON

SWIM .9
BIKE 24.8
RUN 6.2

7:30 AM

SWIM .9 mile | BIKE 24.8 miles | RUN 6.2 miles



STONEMAN
SPRINT TRIATHLON

8:00 AM

SWIM 500 yards | BIKE 12 miles | RUN 3.1 miles

	Before 6/28/2012	After 6/28/2012
Individual	\$ 75.00	\$ 85.00
Team	150.00	170.00

	Before 6/28/2012	After 6/28/2012
Individual	\$ 60.00	\$ 70.00
Team	120.00	140.00

NEW FOR 2012

Chance to win an
**Xterra Vortex
Wetsuit!**
one male/one female winner



RACE FOR CHOCOLATE!

- New IM Canada-inspired bike racks for great stability and looks
- Softstyle technical shirts with men's and women's sizing
- Fast, scenic bike course from Lake Springfield to Lake Sangchris
- Finisher awards
- Unique awards for both races --- stone, slate and steel!
- Immediate results on big screen monitor
- Custom water bottles for all racers
- Professional Finish Line Staging
- Air Evac Lifeteam Helicopter and crew on site for your questions and review
- Television commercials promoting central Illinois triathlon



2012 Official Entry Form

INDIVIDUAL <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Clydesdale <input type="checkbox"/> Athena	OR	<input type="checkbox"/> TEAM
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Name _____

Address _____

City _____ State _____ Zip _____

Phone: _____ Email _____ Birthdate _____

Emergency Contact Information:	
Name _____	Phone # _____

Age on 12/31/12 _____

CHOOSE SHIRT SIZES & QUANTITIES:

Adult shirt: S# _____ M# _____ L# _____ XL# _____ XXL# _____

Womens: WS# _____ WM# _____ WL# _____ WXL# _____ WXXL# _____

all technical shirts may run one size small

Team name _____

Swimmer _____ Biker _____ Runner _____

Iron Abe Triathlon

Packet pickup 4:00-7:00 pm July 27

Starts at 6:00 am, July 28

Lake Springfield Beach House

No race day registration

July 28, 2012 - 7:30 am
.9 mile swim, 24.8 mile bike, 6.2 mile run

	Before June 28, 2012	After June 28, 2012
Individual Fee:	\$75.00	\$85.00
Team Fee:	\$150.00	\$170.00

Stoneman Sprint Triathlon

Packet pickup 4:00-7:00 pm July 27,

Starts at 6:00 am, July 28

Lake Springfield Beach House

No race day registration

July 28, 2012 – 8:00 am
500 yard swim, 12 mile bike, 3.1 mile run

	Before June 28, 2012	After June 28, 2012
Individual Fee:	\$60.00	\$70.00
Team Fee:	\$120.00	\$140.00

USAT # _____ Entry Fee _____ USAT fee (\$12 adults, \$10 kids) _____

Total Enclosed \$ _____

The race transfer policy can be found at the website below.

Each entrant must sign 2 waivers at packet pickup. Please make checks payable to:

Triharderpromotions, 20533 Gudgel Avenue, Petersburg, IL 62675

www.triharderpromotions.com