



The 9th Annual Wild Woman Tri

A non-intimidating sprint-triathlon with friends!

Wednesday, June 13, 2018, 8am-noon

Busse Woods Forest Preserve Boating Center, Elk Grove Village, IL

BIKE: 11 miles on the paved Busse Woods trail system

WALK OR RUN: 3.1 miles on the trail past lakes & forests at beautiful Busse Woods

KAYAK: 1.5 miles on Busse Lake

OR

Do a Duathlon: Skip one of the 3 events & double-up on another

(For example, skip the biking portion and walk/run 6.2 miles and kayak 1.5 miles)

Reserve your spot now (see next page): Limited to 160 women; spots fill quickly.

\$98 registration fee will cover:

- * Rental of kayak, paddles, and life jackets
- * Wild Woman Tri quick-dry shirt and tri medal (and bragging rights to wear them)
- * Trailbound Trips mesh backpack
- * Water and snacks
- * Permit, grounds rental, security, and port-o-lets
- * Large, open-sided tent for weather protection and our post-tri potluck
- * Flags and signage to mark the route
- * 1st aid stations, EMT on duty, and lifeguards in boats
- * Event volunteers to assist you and watch your gear
- * Triathlon training schedule, event maps, and other tips
- * Optional post-tri potluck
- * **Bragging rights and a grand sense of accomplishment!**

Registration form on next page

Register now for the 2018...

Wild Woman Tri



Your name _____

Which event will you be doing?

- Triathlon
- Duathlon: The event you'll omit _____ The event you'll do twice _____
- Volunteer (You'll go home with a Triathlon shirt, mesh bag, and lots of smiles.)

Your contact info:

Address: _____
City: _____ State: _____ Zip: _____
Home Phone: _____ Cell Phone: _____
E-mail: _____
(All info is communicated via E-mail.)

Your shirt size: (They run true-to-size) Small Medium Large XL 2XL 3XL

We'll divide participants into 6 groups to reduce congestion and to have enough kayaks. Three groups will each start a different event simultaneously at 8 am; the 2nd wave of 3 groups will start at 8:15 am. If you and a friend (or friends) wish to be paired for the events, please note her name here:

1. _____ 2. _____ 3. _____ 4. _____

Kayaking: Prefer to paddle solo _____ tandem _____ Tandem partner's name: _____

Mail this form & your \$98 non-refundable registration to Trailbound Trips, 533 S. Summit St., Barrington, IL 60010 or register online at www.TrailboundTrips.com and click on Wild Woman Tri on the right column.