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Sanford Tracy Medical Center has health care services in Tracy, Balaton and Westbrook, MN. They are committed to improving the health status of the region.

Ralco Nutrition recently expanded their business to Balaton, MN. Ralco provides innovative and accelerated growing options for the agriculture industry.

Southwest Insurance is a long standing company in Balaton, MN. This company provides insurance to individuals and company's with a personal touch.

The **Balaton Chamber** is a local group of businesses & individuals committed to keeping Balaton a safe and healthy community to live and grow in. This is one of the many events they put on each year.



WWW.BALATONMN.COM

Balaton Chamber
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Balaton, MN 56115
Balaton@frontiernet.net
For questions contact:
Sara Larson
507-734-6721
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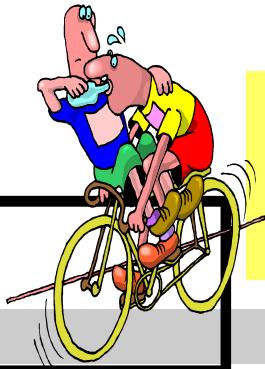
2011 Balaton Fun Fest Triathlon July 3, 2011

Sponsored by Balaton Chamber,
Sanford Medical Center, SW
Insurance & Ralco



Register @
www.balatonmn.com

Balaton Fun Fest Triathlon



The Balaton Chamber, Sanford Tracy Medical Center, SW Insurance & Ralco Nutrition are sponsoring a triathlon for youth and adults.

The event will be held on Sunday, July 3rd on the shores of Lake Yankton in Balaton, MN. Packets, timers & heat instructions will be passed out @12:00pm. Race will begin immediately following this.

REGISTRATION:

Please register on-line at www.balatonmn.com (click on celebrations tab and then on the triathlon link)

If you have any questions please contact Sara Larson 507-734-6721
sjlgal@frontiernet.net

Entry fee: \$15 per individual or \$30 per team entry for *youth*.

\$30 per individual or \$50 per team for *adults*. Registration and entry fees must be received by June 29, 2011 to ensure a timer and t-shirt. *\$5 discount if register by June 15.*

Sprint Distance Option:

Swim: 500 meters (.31 miles)

Bike: 20 km (12.4 miles)

Run: 5 km (3.1 miles)

Individuals may enter or teams may enter and split up the events.

Short Distance Option:

Swim: 100 Meters

Bike: 5 km (3.1 Miles)

Run: 1 Mile

Individuals may enter or teams may enter and split up the events.



Details:

- Each participant will receive a t-shirt and bottle of water.
- Each participant must be pre-registered and will be required to wear a timer.
- Each participant/team will be required to have their own bike and a helmet with a safety strap.
- The race will begin at the lake and continue with a ride south of town or around the golf course depending on distance and will finish with a run around the golf course.
- Stay hydrated; the weather will be warm.
- Spotters and aids will be available in case of accident or injury.
- Be prepared for your event.
- Bring a cheering section.
- After you cross the finish line turn in your timer and review the results on www.pickleevents.com
- Medals will be awarded to top finishers in youth categories.