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Enjoy the day in Franconia with family and friends. Join Lafayette Recreation and Littleton Regional Healthcare for a fun-filled, healthy day!

Take the challenge, compete in the Top Notch Triathlon. Then take advantage of the Free health screenings; Blood Pressure, Cholesterol, and Glucose provided by Littleton Regional Healthcare.

A delicious lunch will be provided by **the Lafayette Recreation Summer Staff**. Yes, that's right! All your favorite counselors will be there serving up some appetizing and nutritious lunch specials. Make an afternoon of it and find ways to stay healthy!

Whether you participate in the Top Notch Triathlon or not, there is no excuse to not be healthy!

This event has raised money to help build the Dow Park, gazebo, athletic fields, painting the skating rink/tennis/basketball court, fencing on the dugouts for baseball, storage shed on the Dow, and a passenger van.

What a great tradition!

The Top Notch Triathlon's mission is to encourage, challenge and excite all age groups and abilities to participate in outdoor activities, therefore promoting healthy lifestyles.

<p>Mountain Bike 6 1/2 Miles— From Franconia Village Up To Echo Lake</p>	<p>Swim 1/2 Mile</p>  <p>Across Echo Lake</p>	 <p>Run / Hike 2 1/2 Miles Up to the Summit Of Cannon Mountain</p>
	<p><i>"The Race to the Face is tough, but it's easier than growing up!"</i></p>	

TOP NOTCH TRIATHLON
 PO Box 167
 Franconia, NH 03580



3,300 FEET VERTICAL
 BIKE • SWIM • RUN
TOP NOTCH TRIATHLON

About the Race:

Starting from the picturesque mountain village of Franconia, NH, you will mountain bike along 3 miles of paved road before you embark on a wooded uphill trail climb to the top of Franconia Notch. Along the way, expect to encounter mud, rocks, roots, and more.

The next leg will be a plunge ahead into pristine Echo Lake (average August water temp: 65°) for a brisk swim.

Last, but not least, you will start your ascent up the ski trails of Cannon Mountain. Loose gravel, ledge and wild life may all be encountered on the 2 1/2 mile trek. Your vertical rise from lake to the summit will be 2280 feet. The grand total vertical climb from start to finish will be a phenomenal 3320 feet!

*So...don't hesitate;
 "Take the Challenge!"*

WWW.FRANCONIANH.ORG



AUGUST 6, 2016

Registration: 7-7:30 am at Lafayette Regional School
Pre-Race Meeting: 745 am at Lafayette Regional School
Race Starts: 8:00 am on Saturday, August 6th

- Training time on lake must be before 8 am or after 6 pm
- **Off road bike recommended!**
- Helmet must meet the specifications of ANSI or SNELL
- Wet suits will be allowed
- No headphones permitted
- Proper foot attire for uphill mountain trek
- IRON PERSON should provide own Support Team

RELAY TEAM CATEGORIES:

THREE people maximum

MENS - All team members must be male

WOMENS - All team members must be female

MIXED - Minimum of 1 male and 1 female per team

FAMILY - All team members - same immediate family

YOUTH - All team members under 18

IRON PERSON: same person racing each leg of the event.

Age Groups:

Male and Female:

- Under 19
- 20 - 29
- 30 - 39
- 40 - 49
- 50 -59
- 60-64
- 65-69
- 70 +

Iron person	\$60.00
After July 20th	\$75.00
Teams	\$135.00
After July 20th	\$150.00

REGISTER NOW ON-LINE!!

Race limited to 500 entrants.

Don't forget to pre-purchase tram tickets
www.franconianh.org

Mail no later than July 20, 2016 for pre- registration prices).
Make checks payable to TOP NOTCH TRIATHLON,PO Box 167 Franconia, NH 03580

Name: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Ironman _____ Iron woman _____ Race day Age _____

T-shirt size: Yth Lg _____ Adult Sm _____ Md _____ Lg _____ XI _____

Women's size: sm _____ Md _____ Lg _____ XI _____

TEAM NAME _____

TEAM CATEGORY: _____

Team mate name: _____

Team mate name: _____

ADDITIONAL TRAM TICKETS

Adult \$13. _____ Jrs (6-12) \$10. _____

T-shirt size: _____ \$12. _____

Total amount enclosed; _____

I acknowledge that participating in the TOP NOTCH TRIATHLON is an inherently dangerous sport and fully realize the dangers of participating in this event and fully assume the risks associated with such participation. Examples but not limited to: dangers associated with man made and natural jumps; the dangers of collision with pedestrians, vehicles, other riders and fixed or moving objects; the dangers arising from surface hazards, including pot holes, bridges, water bars, equipment failure, inadequate safety equipment, use of equipment or materials provided by the event organizer and others, the release's own negligence, the negligence of others and weather conditions; and possibility of serious physical and/or mental trauma or injury, or death associated with the event. I hereby waive, release, discharge, hold harmless, and promise to indemnify and not to sue the sponsors, organizers, property owners, law enforcement, public entities, and volunteers, from any and all rights and claims including claims arising from the releases' own negligence. I agree it is my sole responsibility to be familiar with the event course and agenda, the rules and any special regulations for the event and agree to comply with all such rules and regulations. I understand and agree that situations may arise during the event which may be beyond the control of the releases, and I must continually ride and otherwise participate so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment, and equipment provided for my use, and my conduct in connection with the event. I will wear a helmet which satisfies the requirements of the race and protects against serious head injury, and assume all responsibility and liability for the selection of such a helmet. I have no physical or medical condition which would endanger myself or others if I participate in this event, or would interfere with my ability to safely participate in this event.

Signature of racer/parent or guardian

_____ Date _____

A Special Thanks to Our Event Sponsors



DR. HUGH'S DENTAL



Garnet Hill



TOP NOTCH TRIATHLON

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Franconia, NH 03580
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