TOP NOTCH

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

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.

Mountain Bike 6 1/2 Miles— From Franconia Village Up To Echo Lake

Swim 1/2 Mile

Across Echo Lake

"The Race to the Face is tough, but it's easier than growing up!"

Run / Hike 2 1/2 Miles Up to the Summit Of Cannon Mountain

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03561
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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 5, 2017

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 5th

- 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	$65.00
After July 20th	$75.00
Race Day	$85.00
Teams	$135.00
After July 20th	$160.00
Race Day	$170.00

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, 2017for 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___Xl____

Women's size: sm_____Md_____Lg_____Xl_____

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

LITTLETON Athletic DEPARTMENT
51 Main Street
Littleton, NH 03561

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PARKS & RECREATION NEW HAMPSHIRE

Garnet Hill

EVERGREEN Sports Center

Hillwinds LODGE

FRANCONIA SPORT SHOP

TOP NOTCH TRIATHLON

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Franconia, NH 03580
Phone: 603-991-8925
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