

**Ready, Set, Go for Madeline Island's Annual "Quadrathon!"**  
**Pedal, Paddle, Plod & Plunge! (aka THE P4!)**  
**Saturday, July 10, 2010**

Now in it's 7<sup>th</sup> year, the P4 is a fun event that can be done individually or as a team. Starting at Joni's Beach the first "P" is an 11-mile **pedal**. The second "P" is a 4-mile **paddle** (sorry, no rowing!). The third "P" is a 4-mile **plod** and the final "P" is a **plunge** into Lake Superior for individuals, or a 250-yard swim for teams.

**Start time:** 9:30am at Joni's Beach.

**Fees:** \$25.00 per participant in advance or \$ 30.00 day of event (\$5.00 discount for students). Fees include T-shirt and post-race barbecue. An approved bicycle helmet is required. An approved PFD is also required wear while kayaking.

For more information please contact us at 715/ 747-2801, 888/475-3386  
or [vacation@madelineisland.com](mailto:vacation@madelineisland.com)

Please complete one form per person and mail with fees made payable to:  
Madeline Island Chamber of Commerce, P.O. Box 274, La Pointe, WI 54850

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Individual \_\_\_\_\_ Team \_\_\_\_\_ I plan to (circle all that apply): Bike Kayak Run Swim

**Team name/members:** \_\_\_\_\_

(Each member must complete separate form)

**RELEASE:** In consideration of my participation in the Pedal Paddle Run and Plunge event, I \_\_\_\_\_, on behalf of myself, my heirs, legatees, personal representatives, and all those claiming by or through me, consent to, and do hereby, discharge and release and forever hold harmless the Madeline Island Chamber of Commerce, and all sponsors of this event their affiliates, agents, servants, employees, assigns, successors, and heirs from any and all claims, actions, losses, damages, or expenses for personal or bodily injury (including death) and property loss or damage of whatever the nature or cause, incurred by me arising out of or any way in conjunction with my participation in the aforementioned event to be held on July 10, 2010.

\_\_\_\_\_  
**Signature of participant** (Parent/legal guardian for those under 18)

\_\_\_\_\_  
Date

**T-Shirt size:** Circle one: S M L XL – Every effort will be made to get you the correct size. No guarantee for day-of registrants. Additional t-shirts may be available for \$15.00 on the day of the event.

Participants are required to provide their own bicycle and kayak. Bikes may be rented from **Motion to Go** (715.747.6585). Kayaks are available to rent from **Apostle Islands Kayaks** (715.747.3636).

**Madeline Island ~ Yours to Explore!**  
[www.madelineisland.com](http://www.madelineisland.com)