

March 14, 2010 - The Southwest Valley Regional YMCA Olympic & Sprint Triathlon/Duathlon
Adult OLYMPIC Tri: 1500 m swim, 24 mi Bike, 6 mi Run (The Swim takes place in a heated pool)

Adult SPRINT Tri Sprint: 400 m. Swim, 12-m Bike, 3 mi Run

Adult Sprint DU: 1/2-mi Run, 12-mi bike, 3 mi Run - Youth Tri: 100 m. swim, 4 mi B; 1/2 mi Run

Tri-Family Racing presents the **3rd Annual OLYMPIC pool swim triathlon in Arizona!** Everyone can get in on the fun; we have a Youth triathlon, OLYMPIC RELAY (2 or 3 person) triathlon and an Adult Sprint Triathlon and Duathlon.

- 🚴 **WHERE:** The Southwest Valley Regional YMCA, 2919 N. Litchfield Rd. (On the northeast corner of Thomas & Litchfield rd.)
- 🚴 **WHEN:** Youth Tri starts at 6:30 am. ALL TRI-ENTRANTS MUST HAVE THEIR BIKES in transition AREA NO LATER THAN **6:15 AM** (Adult's Sprint Tri SWIM begins at the conclusion of Youth event approx 7:15am, OlympicTriathlon begins at conclusion of Sprint triathlon swim. **Registration will be Limited to 600 race entrants.**

- 🚴 **AWARDS:** Five deep in all age & team categories. All children receive a ribbon *regardless* of finish.
- 🚴 **REGISTRATION:** Registration packets and late registration will be available at Landis Cyclery, Saturday, March 13, 2010 1006 E. Warner Rd., (corner of Rural & Warner in Tempe) 11:30 am - 5 pm. All entrants MUST sign a LIABILITY WAIVER at packet pick up (ID required). Packet pick-up is on Saturday and is **HIGHLY recommended**, if not, packet pick up on race day closes at **6:30 am**. Parent signature required if participant is under the age of 18 yrs old. **HELMETS ARE REQUIRED!**
A PORTION OF THE PROCEEDS WILL GO TO THE YMCA STRONG KIDS PROGRAM.

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- 🚴 **FEES: OLYMPIC TRI Individual:** \$90 postmarked before March 1st, 2010 \$ 105 thereafter.
- 🚴 **FEES: SPRINT TRI or Du Individual:** \$79 postmarked before March 1st; 2010, \$89 thereafter.
Olympic Relay Team: \$175 postmarked before March 1st, \$200 thereafter. Adult teams may be 2 or 3 people
 Youth TRI: \$50 postmarked before March 1st, \$56 thereafter. - NO YOUTH DUATHLON
- RACE DAY SIGN-UP'S ACCEPTED FROM 5:30AM TO 6 AM \$10 EXTRA: REGISTRATION IS LIMITED TO 500 ENTRANTS!**
- DIVISIONS: Youth Race Age divisions:** 7-8, 9-10, 11-12, 13-14 yrs old
- 🚴 (Individual) Triathlon's 15-19, 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+, **Athena:** 150+ lbs
Clydesdale: 200+ lbs, Relay divisions: Coed, All Female, All Male.

- 🚴 **SPONSORS:** City of Goodyear & Avondale, SW Valley Regional YMCA, Landis Cyclery, Sprout's, Starbucks Coffee, Carlos O'Briens, Adobe Images, M & J Trophies, Ski Pro, Trisports.com, & Hammer Gel, Trader Joes, Over \$750 in merchandise

MAIL ENTRY FORMS & CHECKS TO: Tri-Family Racing, P O Box 86867, Phoenix, AZ, **85080-6867**

"Make checks payable to: Tri-Family Racing" or register online at Active.com

LAST NAME										FIRST NAME										YMCA ADULT Member less \$5, Youth less -\$3														
MAILING ADDRESS - INCLUDE APT NUMBER																									Female + 150 lbs					Male + 200 lbs.				
CITY					STATE					ZIP CODE					Athena					Clydesdale														
AGE		SEX		AREA CODE					PHONE NUMBER					S		M		L		XL														
Check SPRINT TRI					Check OLYMPIC TRI					OR					Check Sprint DUATHLON					For more Race Information E-mail trifamilyracing.com or Active.com														
RELAY TEAM INFORMATION ONLY:																																		
RELAY TEAM NAME															COED					ALL MALE					ALL FEMALE									
SWIMMER: LAST NAME										FIRST NAME										Shirt Size					Sex									
BIKER: LAST NAME										FIRST NAME										Shirt Size					Sex									
RUNNER: LAST NAME										FIRST NAME										Shirt Size					Sex									