

# April 18, 2010 - The 4<sup>th</sup> Annual Southwest Valley Regional Sprint AND F-1 Triathlon/Duathlon

**Adult Tri: 2-mi Run, 12-m Bike, 400 yd pool Swim; Adult Relay: same as Adult tri distances**

**Adult DU: 2-mi Run, 12-mi. bike, 1 mi Run. Youth Tri: 1/2 m Run, 4 mi Bike; 100 yd. Swim**

**ADULT F-1 TRI: 1 mi run, 4.0 mi Bike, 200 m. Swim X 2; (All Adults do each discipline TWICE)**

**Top 10 Females & Top ten Males from the 1<sup>st</sup> Adult race have a race off for the OVERALL awards**

**A PORTION OF THE PROCEEDS WILL GO TO THE YMCA STRONG KIDS PROGRAM.**

**WHERE:** The Southwest Valley Regional YMCA, 2919 N. Litchfield Rd.

(On the northeast corner of Thomas & Litchfield rd.)

**WHEN:** Youth Run starts at 6:45 am. ALL TRI-ENTRANTS MUST HAVE THEIR BIKES in transition **AREA NO LATER THAN 6:30/6:45 AM** (Adult's RUN begins at the conclusion of Youth event 7:30am.)

**AWARDS:** Five deep in all age & team categories. All children receive a ribbon regardless of finish.

**REGISTRATION :** Registration packets, registration available at Landis Cyclery on Saturday April 17th. From 12 to 5pm.

Location: 712 W. Indian School Rd., (northwest corner of 7<sup>th</sup> Ave. & Indian School rd. in Phoenix, 602-264-5681)

Parent signature required if participant is under the age of 18 yrs old. **HELMETS ARE REQUIRED!**

**FEES: Individual Sprint TRI & DU:** \$68 postmarked before April 1st; \$79 thereafter.

**TRI - Relay Team:** \$150 postmarked before April 1st; \$160 thereafter. Adult teams may be 2 or 3 people

**F-1 TRI Adult -** \$59 postmarked April 1, 2010, \$65 thereafter

**Youth TRI Race:** \$45 postmarked before April 1<sup>st</sup>; \$55 thereafter.

**RACE DAY SIGN-UP'S ACCEPTED FROM 5:30AM TO 6:30AM \$5 EXTRA: REGISTRATION IS LIMITED TO 500 Racers**

**DIVISIONS: Youth Race Age divisions:** 7-8, 9-10, 11-12, 13-14 yrs old

(Individual Male and Female) 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, Ski Pro, Starbucks Coffee, Carlos O'Brien's, Adobe Images, M & J Trophies, Triple Sports, & Hammer Gel. Speed Street, Trader Joes, Over \$1000 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**

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LAST NAME

FIRST NAME

Female > 150 lbs

Male > 200 lbs.

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CITY

STATE

ZIP CODE

Athena

Clydesdale

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S	M	L	XL
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AGE

SEX

AREA CODE

PHONE NUMBER

Check Adult F-1 Tri
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Check Adult Sprint Tri
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OR

Check Adult DU
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**For More Information E-mail  
trifamilyracingcom or Active.com**

**RELAY TEAM INFORMATION ONLY:**

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RELAY TEAM NAME

COED

ALL MALE

ALL FEMALE

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SWIMMER: LAST NAME

FIRST NAME

Shirt Size

Sex

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BIKER: LAST NAME

FIRST NAME

Shirt Size

Sex

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RUNNER: LAST NAME

FIRST NAME

Shirt Size

Sex