

**Sunday, September 19, 2010 Tri-Family Racing presents**

**The Glendale Community College Fall F-1 Adult, Youth, & Relay Sprint triathlon**

Adult TRI: 150 m Swim, 4.0 mi Bike, 3/4 mi Run **X 2**; (All Adults do each discipline TWICE)

Youth Race: 100 m Swim, 2 mi Bike, 3/4 mi Run (All Youth Only do each discipline ONCE)

Adult Relay teams also! Each partner does one of the above disciplines 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 from this race will be donated to the National Ovarian Cancer Coalition in memory of Pamela Zeman

**WHERE:** GCC Pool, GCC Campus (6000 W. Olive, Glendale, AZ)

**WHEN:** Youth swim starts at 6:30am, Adult's swim starts approx. 7:30 am. ALL TRI ENTRANTS MUST HAVE THEIR BIKES IN THE TRANSITION AREA **NO LATER THAN 6:30AM**

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

**REGISTRATION:** Registration packets and late registration will be available at Landis Cyclery on Saturday Sept. 18<sup>th</sup> 12-5pm, Location: 712 W. Indian School Rd., (Northwest corner of 7<sup>th</sup> Ave. & Indian School rd. in Phoenix, 602-264-5681)

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

**FEES TRI:** Individual: \$69 postmarked before Sept 1<sup>st</sup>; \$79 thereafter.

TRI Team: \$130 postmarked before Sept 1<sup>st</sup>; \$150 thereafter.

Tri Youth Race (Tri ONLY): \$49 postmarked before Sept 1<sup>th</sup>; \$55 thereafter.

**RACE DAY SIGN UP!!!! ADD \$5. \*\*\* REGISTRATION IS LIMITED TO 300 ENTRANTS!**

**DIVISIONS:** Children's 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:** Landis Cycles, Carlos O'Brien's, Tri-Family Racing, Adobe Images, M & J Trophies, Glendale Community College, Hammer Gel, Triple Sports, and Coffee's of Hawaii - Over \$500 in merchandise. **MAIL ENTRY FORMS & CHECKS TOO:** Tri-Family Racing, PO Box 86867, Phoenix, AZ, 85080-6867

**Register online at Active.com. Also see website: trifamilyracing.com for additional information.**

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LAST NAME

FIRST NAME

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MAILING ADDRESS - INCLUDE APT NUMBER

Check Extra 100% Donation to NOCC

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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

Youth Triathlon

F-1 Adult Triathlon

**For More Info. [trifamilyracing.com](http://trifamilyracing.com)  
OR [active.com](http://active.com)**

**RELAY TEAM INFORMATION ONLY:**

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RELAY TEAM NAME

COED

MALE

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