

March 21, 2010 The 5th Annual Bartlett Lake Olympic & Sprint Triathlon/Duathlon

Adult Olympic Tri:): 1500 m Swim, 24.8 mi Bike, 6.2 mi Run; Adult Sprint: 400 m Swim, 12.8 mi Bike; 2.2 mi Run
 Adult Sprint DU: 12.8 mi. bike, 2.2 mi. run - Adult Tri Relay – Same distances as the Olympic triathlon
 OPEN WATER SWIM ONLY = 1500 meters

- WHERE: Bartlett Lake (Rattlesnake Cove), Scottsdale, AZ. Take 1-17 North to Carefree Highway, East on Carefree Highway to Pima road, North on Pima to Cave Creek rd. East on Cave Creek road to Bartlett lake (Rattlesnake Cove EXIT).
- WHEN: Adult races starts approx. 8:30am with the Adult Sprint & Olympic Tri & DU. **ALL TRI-ENTRANTS MUST HAVE THEIR BIKES IN THE TRANSITION AREA NO LATER THAN 7:30AM**

AWARDS: Five deep in all age & team categories. Awards presentation (same day) at Scottsdale Carlos O'Brien's Restaurant.
 REGISTRATION: Registration Packet pick-up on Saturday March 20th and is HIGHLY recommended, Registration packets and late registration will be available at Scottsdale Landis Cyclery, 10417 N. Scottsdale Rd. (corner of Scottsdale rd. & Shea Blvd.) from 11am to 5pm. All entrants MUST sign a LIABILITY WAIVER at packet pick up (ID required). Parent signature required if participant is under the age of 18 yrs old.

FEES: Individual (ADULT) TRI Olympic: \$95 postmarked before March 1st \$105 thereafter

Sprint TRI OR DU (ADULT): \$85 postmarked before March 1st \$95 thereafter

TRI RELAY TEAMS (ADULT OLYMPIC ONLY): Tri -Relay Teams \$175 postmarked before March 1st; \$195 thereafter

ADULT 1500 meter Open water swim ONLY – \$ 40 postmarked before March 1st \$45 thereafter - NO awards.

THERE IS WILL BE A (\$6) per vehicle PARK ENTRANCE FEE that is **INCLUDED in your entry fee ONLY if you pick up your packet pick up on Saturday at Landis Cyclery**, those race entrants not picking up their race packet on Saturday MUST pay the \$6 race morning at the race location. **You must present your race number to gain Free entrance into the park.**

RACE DAY SIGN UP add \$10. - REGISTRATION IS LIMITED TO 500 ENTRANTS!

DIVISIONS- The Youth 13-15 and 16-19 are for the USAT Development qualifying race. (This would be for Sprint race only)

(Individual Male and Female) 13-15, 16-19, 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 - FOR TRI ONLY

SPONSORS: Bartlett Lake Regional Park, Landis Cyclery, Adobe Images, Carlos O'Briens, M & J Trophies, Triple Sports, Adobe Graphics, M & J Trophies, Starbucks Coffee, Alpha Graphics, Ski Pro, and Tri-Family Racing

MAIL ENTRY FORMS & CHECKS TO: Tri-Family Racing, PO Box 86867, Phoenix, AZ, 85080-6867 "Make checks payable to Tri-Family Racing" **Or register online at www.Active.com.**

This is a USAT sanctioned event; you must be an Annual member and have your membership card with you at packet pick-up **OR pay a 1-day fee of \$10 for Adults, \$5 for Youth.** You may purchase a Annual membership at:

www.usatmembership.com Please fill in USAT # clearly _____ expires _____

LAST NAME										FIRST NAME									
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MAILING ADDRESS - INCLUDE APT NUMBER

CITY										STATE		ZIP CODE					Athena	Clydesdale
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AGE		SEX	AREA CODE			PHONE NUMBER			S	M	L	XL
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Check Olympic Triathlon OR Sprint triathlon or Duathlon

Check Triathlon	Check Duathlon	Check Sprint	Check Olympic
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For More Information e-mail trifamilyracing.com

RELAY TEAM INFORMATION BELOW::

TRI RELAY TEAM NAME															COED	
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SWIMMER: LAST NAME										FIRST NAME									
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Shirt Size	Sex
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Shirt Size	Sex
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RUNNER: LAST NAME										FIRST NAME									
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Shirt Size	Sex
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