

The August & September 4th Virtual Sprint & Olympic & Half Kryptonite Man Triathlon & Duathlon & Youth Triathlon

Adult Olympic Triathlon: 1500 m Swim, 24.8 mi Bike, 6.2 mi Run

Adult Sprint Triathlon: 500 m Swim, 10 mi Bike; 3.1 mi Run,

Adult Duathlon: 10k Run, 24.8 mi Bike, 5k Run

Adult Sprint Duathlon: 6.2 mi. Run, 12.4 mi. Bike, 3.1 mi. Run

Youth Triathlon: 50 meter Swim, 5 mi. Bike, 1 mi. Run

Adult Half Kryptonite Man Triathlon: 1.2 mi Swim, 56 Mi. Bike, 13.1 mi Run

WHERE: Wherever you like to bike, run and swim. See Trifamilyracing.com for Important information and Instructions. Sign up online at trifamilyracing.com **NOW**

AWARDS: Three deep in all age groups, to pick up your medal you will need to visit Sole Sports Arcadia 4730 E Indian School Rd Ste 125, Phoenix, AZ 85018 no earlier than September 30, 2020. Please call ahead first at 480-522-2475

REGISTRATION FEES: SIGN up today at trifamilyracing.com. All races are start at \$25 each, and go up to \$45.00 depending on the race you pick. This does not include any fees you may have to pay enter Lake entrance if needed for swim. Swims can take place at any pool, or Lake.

DIVISIONS- (Male and Female Adults) 15-19, 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59, 60-64; 65-69; 70-74, 75-79 Athena: 160+ lbs, Clydesdale: 210+ lbs (Youth) 8 -10, 11-12, 13-14 age groups

SPONSORS: Carlos O'Brien's, M & J Trophies, Sole Sports, Bicycle Ranch, Tri-Family Racing, Blue Seventy, First Wace Endurance

SIGN UP: Register online today at trifamilyracing.com

--	--

FIRST NAME

LAST NAME

Your Email address here

--	--	--	--	--	--

CITY

STATE

ZIP CODE

Athena

Clydesdale

--	--	--

AGE

--	--

SEX

--	--	--

AREA CODE

--	--	--	--	--	--	--	--

PHONE NUMBER

S	M	L	XL
---	---	---	----

PLEASE CHECK RACE BELOW

Youth Triathlon	Sprint Triathlon	Olympic Triathlon	Olympic Duathlon	½ Ironman Triathlon	For More Information e-mail trifamilyracing.com

