

March 7, 2021 the 3rd Annual Tri-Family Racing & Carlos O'Brien's Lake Pleasant Sprint & Olympic Triathlon & Duathlon

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

Adult Sprint Triathlon: 500 m Swim, 12.4 mi Bike; 3.1 mi Run,

Adult Sprint Triathlon PLUS: 1000 m. swim, 12.4 mi Bike, 3.1 mi Run

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

Two or three person Adult Olympic Triathlon Relay – Olympic Relay distances

WHERE: Lake Pleasant Regional Park north boat ramp, approx. 6 miles North of Castle Hot Spring road. Take highway 74 north to Castle Hot Spring road, you will pass the main boat entrance please proceed north to the North boat ramp entrance. THERE WILL BE A (\$10) per vehicle PARK ENTRANCE FEE! Quite often there is a long line to get in, come early and be prepared to give them \$10 cash upon your entry to the North boat ramp.

WHEN: Race starts approx. 7:45/ 8 am with the Adult Sprint & Olympic Tri & DU ALL TRI-ENTRANTS MUST HAVE THEIR BIKES IN THE TRANSITION AREA NO LATER THAN 6:30/7 AM

AWARDS: Five deep in all age & team categories. Awards pick up at Sole Sports Arcadia TBD.

REGISTRATION: Registration Packet pick-up is Saturday March 6th one day before the race) and is **HIGHLY** recommended. The location time and place is from 2:30pm to 5pm at Bicycle Ranch, 15454 N. Frank Lloyd Wright Blvd. Scottsdale, AZ, and Phone: (480) 614-8300. THERE WILL BE A (\$10) per vehicle PARK ENTRANCE FEE that must be paid upon entering Rattlesnake Cove, Tri-Family Racing will be selling them also at packet pick up.

FEES: Olympic TRI: \$169 postmarked before February 1st, before Feb 15th, \$179, thereafter \$189

Sprint TRI PLUS \$159 postmarked before October 1ST; Before February. 15th \$169, thereafter \$179

Sprint TRI OR Sprint DU \$149 postmarked before February 1st ; Until February. 15th \$159, thereafter \$169

Olympic TRI- Relay Teams (ADULT OLYMPIC ONLY): \$265 postmarked before February 15th \$280 thereafter **REGISTRATION IS LIMITED TO 400 ENTRANTS!**

DIVISIONS- (Individual Male and Female) 19yrs old , 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: 150+ lbs, Clydesdale: 200+ lbs, Tri-Relay divisions: Coed, All Female, All Male

SPONSORS: Lake Pleasant Regional Park, TriSports.com, Anteater Exterminating, Carlos O'Brien's, M & J Trophies, Sole Sports, Bicycle Ranch, and Tri-Family Racing

SIGN UP: Register online at trifamilyracing.com OR Mail in entry forms to Tri-Family Racing, PO Box 86867, Phoenix, AZ, 85080-6867 "Make checks payable to Tri-Family Racing" 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 \$15. Please fill in USAT # clearly _____ Expires: _____

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LAST NAME

FIRST NAME

Your full Mailing Address here:

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CITY

STATE

ZIP CODE

Athena

Clydesdale

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AGE

SEX

AREA CODE

PHONE NUMBER

S	M	L	XL
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PLEASE CHECK RACE BELOW

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

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TRI RELAY TEAM NAME

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COED

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ALL MALE

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ALL FEMALE

SWIMMER LAST NAME _____ FIRST NAME _____

BIKER LAST NAME _____ FIRST NAME _____

RUNNER LAST NAME _____ FIRST NAME _____

