

4TH ANNUAL

CENTRAL VALLEY TRIATHLON



TRIATHLON #1
SATURDAY, SEPT. 24TH

BOTH DISTANCES: Sprint & International

8:00 AM START TIME

Woodward Reservoir, 14528 26 Mile Road, Oakdale, CA

FLEET FEET
Sports.

DISTANCE/ROUTE: **Sprint Distance:** 500 yard swim, 16-mile bike and 5K run. **International Distance:** 1.5K swim, 40K bike and 10K run. **Route:** Warm (low 70's) water swim in a clean lake. Bike is on paved rolling country roads with little traffic. Run is on paved and packed roads.

REGISTRATION/CHECK-IN: Opens at 6:30 am. NOTE: Woodward Reservoir Park imposes an \$8.00 parking fee. Please be prepared. Exact change helps.

ENTRY FEES: **Sprint:** \$60, day of fee \$70. **International:** \$75, day of fee \$85. **Relay Teams: Sprint:** \$170, day of fee \$200. **International:** \$215, day of fee \$245. Relay entries must be submitted at the same time with 3 completed applications.

ALL PARTICIPANTS RECEIVE: BBQ lunch, T-shirt, raffle (must be present to win) and award ceremony. Extra BBQ tickets available to non-participants race day \$10 for adults and \$7 for kids.

AWARDS: **Sprint & International Distances:** Custom soapstone trophies to overall male/female. Glass trophies to overall male/female master winners. Medals 3-deep in following age groups; 18 & under, 19-29, 30-39, 40-49, 50-59, 60-69 and 70+. **Relay Teams:** Medals to overall male, female and coed teams.

EQUIPMENT NEEDED: Swim cap, CPSC bike helmet and of course a bike.

CAMPING INFORMATION: Camping available at event site. For information or reservations contact (209)847-3304.



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Sprint International Relay Team

Please Print Clearly

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

EMAIL ADDRESS _____ AGE (ON RACE DAY) GENDER M F T-SHIRT SIZE

CLUB/GROUP/TEAM _____

For entry send your completed form and non-refundable fee made out to On Your Mark to: On Your Mark P.O. Box 1199 Arnold, CA 95223

Waiver to be signed on race day. Persons under 18 must have a parent or guardian.