

# 2ND ANNUAL CENTRAL VALLEY TRIATHLON

**TRIATHLON #1**  
**SATURDAY, SEPT. 26TH**  
(Sprint & Super Sprint Distances Only)



**TRIATHLON #2**  
**SATURDAY, OCT. 17TH**  
(Sprint & International Distances Only)

**FLEET FEET**  
*Sports.*

**8:00AM START TIME**

**Woodward Reservoir, 14528 26 Mile Road, Oakdale, CA**

**DISTANCE/ROUTE:** **Sprint Distance:** 500 yard swim, 16-mile bike and 5K run. **Super Sprint Distance:** 200 yard swim, 5-mile bike and 1-mile run. **International Distance:** 1.5K swim, 40K bike and 10K run. **Note: Sept. is Sprint and Super Sprint Distances only. Oct. is Sprint and International Distances only.** **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 at Woodward Reservoir. Park imposes an \$8.00 parking fee. Please be prepared. Exact change helps.

**ENTRY FEES:** **Sprint:** \$60, day of fee \$70. **Super Sprint:** \$50, day of fee \$60. **International:** \$75, day of fee \$85. **Relay Teams (Sprint & International Distances only):** **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 for \$10.

**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+. **Super Sprint:** Designed for you to complete and enjoy. No awards. **Relay Teams (Sprint & International Distances only):** 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.



## CENTRAL VALLEY TRIATHLON

Sprint  Super Sprint  International  Relay Team

Please Print Clearly

NAME

ADDRESS

CITY

STATE

ZIP

PHONE

EMAIL ADDRESS

AGE (ON RACE DAY)

M  F  
GENDER

Please select the date(s) entering:

9/26/09

10/17/09

T-SHIRT  
SIZE

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

CLUB/GROUP/TEAM

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