

3RD ANNUAL CENTRAL VALLEY TRIATHLON

TRIATHLON #1
SATURDAY, SEPT. 25TH
ALL THREE DISTANCES
Sprint, Super Sprint & International



TRIATHLON #2
SUNDAY, OCT. 24TH
ALL THREE DISTANCES
Sprint, Super Sprint & International

FLEET FEET
Sports.

8:00 AM START TIME

SEPT. 25TH: Woodward Reservoir, 14528 26 Mile Road, Oakdale, CA

OCT. 24TH: 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. **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: On 9/25 Woodward Reservoir Park imposes an \$6.00 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:

9/25/10

10/24/10

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.