

SUNDAY July 5, 2009 TRI-FAMILY-RACING PRESENT'S

The JCC Scottsdale firecracker Adult & Youth & Relay Sprint Triathlon & Duathlon

TRI: **Adults:** 250 yd. Swim, 9.5 mi Bike, 2 mi Run; **Youth:** 1/2 mi Run, 3.1 mi Bike 100 yd. Swim

DU: **Adults:** 1/2 mi. Run, 9.5 mi. bike, 2 mi. Run - (NO YOUTH DUATHLON)

"This race is included in the 2009 Arizona State Age group Championships"

WHERE: The Valley of the Sun Jewish Community Center Pool, 12701 N. Scottsdale Rd., Scottsdale, AZ (Northeast corner of Sweetwater & Scottsdale Road)

WHEN: Youth **RUN** starts at 6:00am, Adult Triathlon & Duathlon approx. 6:45 am. **ALL TRI-ENTRANTS MUST HAVE THEIR BIKES IN THE TRANSITION AREA NO LATER THAN 6:00 AM**

AWARDS: Five deep in all age & team categories. All children receive a ribbon regardless of finish.

REGISTRATION: Registration packets and late registration will be available at Triple Sports, Saturday July 4th 2009 Triple Sports is located at 4032 N. Miller Road, Scottsdale, AZ 85251 (Southwest corner of Miller and Indian School roads) 480.994.1174 from 10 am - 3 pm. All entrants **MUST** sign a **LIABILITY WAIVER** at packet pick up (ID required). Packet pick-up is on Saturday and is **HIGHLY recommended**, if not, packet pick up on race day closes at **6 am at race site**. Parent signature required if participant is under the age of 18 yrs old. **HELMETS ARE REQUIRED!**

FEES: Individual TRI OR DU: \$65 postmarked before June 15th \$79 thereafter.

RELAY TEAMS: TRI ONLY \$135 postmarked before June 15th \$155 thereafter. (No Children's or Du Teams)

Youth Race TRI ONLY: \$50 postmarked before June 15th; 59 thereafter

RACE DAY ENTRIES ADD ADDITIONAL \$5 TO LATE FEE! REG. IS LIMITED TO 400 ENTRANTS!

DIVISIONS: Children's Race Age divisions: 7-8, 9-10, 11-12, 13-14 yrs old (TRI ONLY)

(Individual Male and Female) 15-19, 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+,

Athena - Females 150+ lbs --- **Clydesdale** - Males - 200+ lbs, **Relay divisions:** Coed, All Female, All Male.

SPONSORS: The Valley of the Sun Jewish Community Center, Landis Cyclery, Adobe Images, Carlos O'Brien's, M & J Trophies, Trisports.com., Hammer Gel, Adobe Graphics, Sprout's, Starbucks Coffee, Tri-Family Racing, & Ski Pro: Over \$800.00 in merchandise, WOW !!!!!

MAIL ENTRY FORMS & CHECKS TO: Tri-Family Racing, PO Box 86867, Phoenix, AZ, 85080-6867

"Make checks payable to Tri-Family Racing" Or register online at www.Active.com.

LAST NAME												FIRST NAME												CHECK ADULT OR YOUTH																																			
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MAILING ADDRESS - INCLUDE APT NUMBER												CITY												STATE												ZIP CODE												JCC ADULT MEMBER Less \$5, YOUTH Less \$ 3											
AGE												SEX												AREA CODE												PHONE NUMBER												Athena Clydesdale											
																																																S M L XL											
Youth Tri												Check Triathlon												Check Duathlon												For More Information E-mail trifamilyracing.com																							

RELAY TEAM INFORMATION ONLY:																																															
TRI RELAY TEAM NAME												COED												ALL MALE ALL FEMALE																							
SWIMMER: LAST NAME												FIRST NAME												Shirt Size												Sex											
BIKER: LAST NAME												FIRST NAME												Shirt Size												Sex											
RUNNER: LAST NAME												FIRST NAME												Shirt Size												Sex											