



3rd Annual Tri in July

July 11, 2010

Swim 330-yd Bike 6-miles Run 2-miles

Dear Participant,

Packet Pickup:

Race packets need to be picked up at Legion Park Shelter near the Sigourney Municipal Pool on race day, Saturday, July 11th between 6 a.m. and 7 a.m. Directions to the Legion Park: Turn West at the Fire Station onto Spring Street from Main Street/Hwy 149 in Sigourney. Go West on Spring Street until you reach the Legion Park.

Race Day Schedule:

6:00 a.m.	Registration and transition opens
7:00 a.m.	Registration/packet pick-up closes
7:15 a.m.	Pre-race briefing
7:30 a.m.	Staggered swim begins
Immediately following	Award ceremony begins

Post Race Activities

Refreshments:

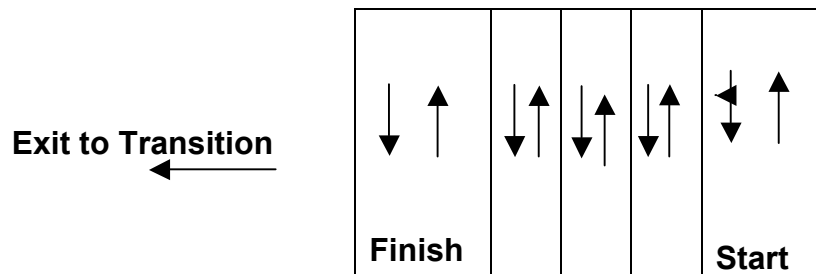
Replace the fuel you burned with a wide variety of complimentary refreshments.

Course Description – Super-Sprint Triathlon

Swim (Amber Schauf Memorial):

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The swim is in memory of a person who treasured the hot summer sun and a few laps in the pool. The staggered swim begins at 7:30 a.m. sharp. The 5 lap (330 yard) course is in the Sigourney Municipal Pool. The transition will be in the park up the hill from the pool.



Bike:

Our challenging 6 mile bike course will take you through the small town of Sigourney. Then a straight stretch of the course will take you out of town and back. All bikers must have an ANSI approved helmet to participate. Bikers without helmets will not be allowed on the course. No drafting allowed, volunteers will monitor participants in the race.

Run:

The 2 mile run includes a brief view of the Sigourney square. This is a great run to introduce you to the triathlon experience.

Who Can Enter

Individuals: Anyone who is at least 13 years of age as of race day can enter the Tri in July.

Relay Teams are welcome. Competition is relay style with 2 or 3 individuals competing.

Prizes:

Medals will be awarded for each age division.

19 & under

20-29

30-39

40-49

50-59

**60 & up
Team**

Registration – Only \$20 individual, \$50 team

www.triinjuly.com OR www.fitnesssports.com

We appreciate early registration! However, race day registration will not guarantee shirt size or shirt. Please print the registration form and mail. No online registrations at this time.

Participants will receive the standard race t-shirt.

Accommodations:

<http://www.belvadeerinn.com>

Contact Information:

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