



# All9Yards.com Waterworks Fitness Festival

**Presented by the All9Yards.com Cycling Team  
and the Des Moines Triathlon Club**

**Three exciting fitness events! Bring the family out for an exciting evening  
at Waterworks Park! Participate and be a part of the fun!  
This event series raises funds and awareness to benefit  
the Juvenile Diabetes Research Foundation.**

Thursday, June 22, 2006    Thursday, July 13, 2006    Thursday, August 10, 2006

## DSM Tri 5 kilometer run

- One-lap 'figure-8' 5 kilometer run using main loop and west loop. Mass start at 5:15 pm.

5 kilometer (3.1 mile) Run	5:15pm	\$5 – or free for DSM Tri members (you can become a member onsite!)
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## DSM Tri / All9Yards.com Duathlon (Run + Bike)

- One-lap 'figure-8' 5 kilometer run using main loop and west loop. Mass start at 5:15 pm.
- One-lap 'figure-8' time trial using main loop and west loop. Riders start at :30 second intervals at 5:50 pm.
- Overall finish is based on 5k run + 5k time trial finish places. Tie-breaker will be time trial time. Prizes awarded to top male and female.

5 kilometer (3.1 mile) Run	5:15pm	\$15*
5 kilometer (3.1 mile) Bicycle Time Trial	6:00pm	* entry includes one-day USAC license and insurance. If USAC licensed, \$5 entry.

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**Orlando's On Park**



## All9Yards.com Omnium Bicycle Race

- One-lap 'figure-8' time trial using main loop and west loop. Riders start at :30 second intervals at 6:00 pm.
- 'A' and 'B' Circuit Race on main loop. (Note: no aero-bars.)
- Rider finish is based on time trial finish + race finish. (Note: Officials may not be able to choose all places.) Tie-breaker will be time trial time. Prizes awarded to top 'A', 'B', Women and Junior.

5 kilometer (3.1 mile) Bicycle Time Trial	6:00pm	\$10 for USAC licensed riders. \$5 for USAC licensed Juniors. \$15 for non-licensed riders (includes one day license and insurance)
'B' Circuit Race: 30 minutes + 2 laps (Beginners)	6.40pm	
'A' Circuit Race: 60 minutes + 2 laps (Advanced)	7:20pm	

## Rasmussen Bike Shop Chopper Races

200 meter drag race on Rasmussen's Chopper Bicycles	8.30pm	<b><u>FREE - AT YOUR OWN RISK</u></b>
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Registration for all events opens at 4:30pm at the shelter house on the main loop and closes 10 minutes before each event. Parking is available on the grass across from the shelter house – cars may leave ONLY between events. DO NOT PARK ON THE GRASS NEXT TO THE SHELTER OR ON FLAGG PARKWAY.

Prizes for all events donated by the following generous sponsors:

**All9Yards.com      Rasmussen Bike Shop**  
**Orlando's on Park – host of post-event party!!!**  
**Everyone is Welcome!!!**

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**Orlando's On Park**