

RACE INFORMATION

THE COURSE:

SWIM: The swim will be in Highline Lake. The water temperature will average 62-65 degrees. Wet suits are permitted, and recommended for first time athletes.

Permitted swim strokes: Freestyle, Backstroke and Breaststroke.

BIKE: The bike ride will begin and end at Highline Lake State Park. The bike leg will be 16 miles in length on county roads. The race will consist of a turnaround at mile 8. Please carry at least two water bottles. There will be no water bottle hand off stations.

RUN: The run will be a 3 mile route on dirt trails around Highline Lake. The run is on rolling desert terrain with some hills. There will be two water stations.

***A RACE MAP CAN BE FOUND AT WWW.GJPR.ORG**

RACE REGISTRATION: The triathlon may be completed either individually or as a team. Race check-in will be from 6a.m.-7a.m. on race day, June 13th, at Highline Lake State Park. You may pick up your race packet with t-shirt and goodies the day before the race at the GJPR office. You must pick up your race bib and chip the day of the race. Each vehicle will be charged a \$5.00 entry fee into the park if they are **not a race participant**. All race participant vehicle fees are included with registration.

POST-RACE MEAL: A post race meal is included and will be served at Highline State Park during the awards ceremony following race completion. Your race number is your meal ticket. Extra meal tickets can be purchased for family, friends, or spectators for \$10.00. Please include this fee with your registration. No meal tickets will be available that day.

RACE RESULTS AND AWARDS: Official results will be posted on race day as they are available. Awards will be presented upon race completion. You must pick up your awards as they will not be shipped to you. Complete race results will be posted.

BIKE INSPECTION: Bike inspections will not be provided, but the Bike Shop (10th and North) will be on hand to provide small repairs.

HELMET INSPECTION: Your helmet will be inspected as you enter the transition area on race day. Your helmet must be in good condition with no defects. If your helmet does not meet these standards you will not be allowed on the bike course.

- **HEADPHONES MAY NOT BE WORN WHILE RACING.**
- **SPECTATORS ARE NOT ALLOWED IN THE TRANSITION AREA.**

TEAMS: A Triathlon team will be made up of three members. one athlete competing each leg of the event. There will be no team divisions based on gender. Awards will be offered to the 1st, 2nd and 3rd place teams.

ENTRY FEES: Entry fees for registrations postmarked by May 24, 2009 are \$55.00 for individuals and \$115.00 for a team. All entries postmarked after May 23 or on race day will be \$75.00 for individuals and \$165.00 per team member. Age groups may be combined after the registration deadline.

REGISTRATION FORM: Fill out and sign the attached entry form completely. Each team member must fill out and sign a separate entry form and send them together (copies are allowed). Enclose a check made out to GJPR and mail, or stop by GJPR office at 1340 Gunnison Ave. Grand Jct. CO 81501.

AGE GROUPS: Age groups are as follows:

15-19, 20-24, 25-29, 30-34, 35-39, 40-44

45-49, 50-54, 55-59, 60-64, 65-69, 70+

FOR MORE INFORMATION CONTACT:

STACY PIKE @ 970-254-3893

ENTRY INFORMATION: PLEASE DETACH

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

MALE _____ FEMALE _____ DATE OF BIRTH _____

T-SHIRT SIZE: Sm Med Large Xlarge

ENTRY FEE: \$55.00 INDIVIDUAL

\$75.00 AFTER 5/24

TEAM NAME: _____

TEAM MEMBERS:

SWIM _____

BIKE _____

RUN _____

TEAM FEE: \$115.00

TEAM AFTER 5/24 \$165.00

MANDATORY swim time: 500meter _____

**Please submit previous, competitive swim time or practice swim time for heating purposes.*

**If you do not know your swim time you will be placed in a beginner heat.*

ADDITIONAL POST-RACE MEALS

@ \$10.00 PER PERSON # _____

(if not a race participant)

TOTAL ENCLOSED _____

SIGN WAIVER ON OTHER SIDE...

CUT AND RETURN

CUT AND RETURN