

Hello everyone,

Each year half way through the year I get asked about our Tri-Family Racing sponsored "Arizona Sprint Adult Triathlon Age championships" and our "Arizona Youth Triple Crown state championships", unfortunately half way through the year is a little to late, this year I wanted to give everyone a heads up regarding our Series. Everyone is invited to participate; every race entrant who participates in any of the races listed below gathers points ten deep. At the end of the 2009 year the top three race entrants with the most points win their respective age groups. There is an awards dinner where the entrants receive prestigious awards as well as the first place person typically getting gift certificates as well. Below I have listed the race rules as well as the races that are part of the series. If you would like to review previous results please visit the website: trifamilyracing.com located in the results tab.

Adult Age group Series Rules: 1. Age is determined in first race. 2. Placing in new age group will apply to old age group. 3. Must attend two or more events with one of them being one of the last two events. 4. All ties are broken by highest place in the last event. 5. Highest scores win's with points awarded ten deep. 6. Awards are for the top three in each age group AND OVERALL. 7. All triathlons listed below and possible future added triathlons ALL APPLY. 8. **OVERALL Men** receive DOUBLE POINTS as they finished in the top five OVERALL in that particular race. 9. When a race entrant ALSO competes in an OLYMPIC triathlon they also receive double Points. 10. When a race entrant finishes in the **Overall** category (NOT AGE GROUP) in an Olympic race there points would be quadrupled. 11. At times the Race Director may ONLY have top THREE overall in races with less than 100 entries.

Youth Triple Crown Rules: 1. Age is determined in first race. 2. Placing in new age group will apply to old age group. 3. Must attend two or more events with one of them being one of the last two events. 4. All ties are broken by highest place in the last event. 5. Highest scores win's with points awarded ten deep. 6. Awards are for the top three in each age group (TWO YEAR AGE INCREMENTS).

Most of the February & March races listed below have late fee's going into effect in February 2009. Don't pay the late fee's sign up today at Active.com

February 15, 2009 - The 2nd Annual JCC Scottsdale Adult & Youth & Relay Sprint Triathlon & Duathlon - TRI: Adults: 250 yd. Swim, 9.5 mi Bike, 2 mi Run; DU: Adults: 1/2 mi. Run, 9.5 mi. bike, 2 mi. Run - Youth: 100 yd. Swim, 3.3 mi Bike; 1/2 mi. Run

March 8, 2009 - The 3rd Annual Southwest Valley Regional Spring Fling - Sprint Triathlon/Duathlon - Adult Tri: 2-mi Run, 12-m Bike, 400 yd pool Swim; Adult Relay: same as Adult tri distances Adult DU: 2-mi Run, 12-mi. bike, 1 mi Run. Youth Tri: 1/2 m Run, 4 mi Bike; 100 yd. Swim

March 22, 2009 – The 4th Annual Bartlett Lake Olympic & Sprint Triathlon/Duathlon Adult & Youth race. Race entrants from last year call it the toughest most scenic Olympic triathlon in Arizona!, Adult Olympic Tri: 1500 m Swim, 24.8 mi Bike, 6.2 mi Run; Adult Sprint: 400 m Swim, 10 mi Bike; 2.2 mi Run, Adult Sprint DU: 10 mi. bike, 2.2 mi. run – YOUTH TRI ONLY. 2 X 75 meter Swim, 2 mi bike, 1/2 mi run. Adult Relay – Same distances as the Olympic race ONLY, OPEN WATER SWIM ONLY = 1500 meters Adult 10K – Toughest 10k and most scenic 10k in Arizona. WHERE: Bartlett Lake (Rattlesnake Cove), Scottsdale, AZ

March 29, 2009 -The Southwest Valley Regional YMCA Olympic & Sprint Triathlon/Duathlon - Adult OLYMPIC Tri: 1500 m swim, 24 mi Bike, 6 mi Run (**The Swim takes place in a heated pool**) Adult SPRINT Tri Sprint: 400 m. Swim, 12-m Bike, 2 mi Run, Adult OLYMPIC DU: 1-mi Run, 24-mi bike, 6.2 mi Run, Youth Tri: 1 m Run, 4 mi Bike; 100 m. Swim

April 19, 2009 - Tri for the Cure -- Benefiting the Phoenix Affiliate of Susan G. Komen for the Cure (Adult Women ONLY) Triathlon: Swim 400M, Bike 8MI, Run 2.25MI • Duathlon: Run 1MI, Bike 8MI, Run 2.25 MI

SATURDAY May 16, 2009 The Town of Chino Valley Adult & Youth & Relay Sprint Mini & Maxi Triathlon & Duathlon Adult Mini Triathlon 150 yd. heated pool Swim, 7 mi Bike, 1 mi Run, Adult "Maxi" Triathlon 300 yd. heated pool Swim, 21 mi Bike, 2 mi Run; Adult Duathlon: 1/2 mi. Run, 7 mi. bike, 1 mi. Run Youth Triathlon: 100 yd. Swim, 4 mi Bike; 1/2 mi Run

July 12, 2009 The Town of Chino Valley Adult & Youth & Relay Sprint Triathlon & Duathlon TRI: Adults: 300 yd. heated pool Swim, 15 mi Bike, 3 mi run; Youth: 150 yd. Swim, 4 mi Bike; 1/2 mi Run, DU: Adults: 1/2 mi. Run, 15 mi. bike, 3 mi. run

September 13, 2009 - The GCC Fall F-1 Adult, Youth, & Relay Sprint triathlon - Adult TRI: 150 m Swim, 4.0 mi Bike, 3/4 mi Run X 2; (All Adults do each discipline TWICE) Youth Race: 100 m Swim, 2 mi Bike, 3/4 mi Run (All Youth Only do each discipline ONCE) Adult Relay teams also! Each partner does one of the above disciplines TWICE!

October 4, 2009 – The Seville Sports Club Mini & Maxi Sprint Triathlon & Duathlon & Youth Tri - Adult Mini Triathlon 150 yd. heated pool Swim, 10.4 mi Bike, 1/2 mi Run , Adult Maxi Triathlon 300 yd. heated pool Swim, 15.4 mi Bike, 2 mi Run, Adult Duathlon: 1/2 mi. Run, 10.4 mi. bike, 1/2 mi. Run - Youth Triathlon: 100 yd. Swim, 5.4 mi Bike; 1/2 mi Run, Gilbert, AZ

October 18, 2009 The 2nd Annual JCC Scottsdale Fall Festival Adult & Youth & Relay Sprint Triathlon & Duathlon TRI: Adults: 250 yd. Swim, 9.5 mi Bike, 2 mi Run; Youth: 100 yd. Swim, 3.1 mi Bike; 1/2 mi Run ; DU: Adults: 1/2 mi. Run, 9.5 mi. bike, 2 mi. Run

November 26, 2009 - The 6th Annual Southwest Valley Regional YMCA Thanksgiving Day - Youth, Adult & Relay Sprint Triathlon/Duathlon Adult Tri: 2-mi Run, 12-m Bike, 400 yd pool Swim; Adult Relay: same as Adult tri distances Adult DU: 2-mi Run, 12-mi. bike, 1 mi Run. Youth Tri: 1 m Run, 4 mi Bike; 100 yd. Swim

Happy Training, Mark Konietzka
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