

# November 23, 2017 Freddy's presents the 14th Annual Southwest Valley Family YMCA Thanksgiving Day Youth & Adult Sprint Triathlon & Duathlon

Adult TRI: 2-mi Run, 12-m Bike, 400 yd pool Swim; Adult TRI & DU RELAY: Adult tri distances

Adult DU: 2-mi Run, 12-mi. bike, 1/2 mi Run. Youth TRI: 1/2 m Run, 4 mi Bike; 100 yd. Swim

**WHERE:** The Southwest Valley Regional YMCA, 2919 N. Litchfield Rd. (On the northeast corner of Thomas & Litchfield rd.)

**WHEN:** Youth Run starts at 7:00 am. ALL TRI-ENTRANTS MUST HAVE THEIR BIKES in the transition AREA NO LATER THAN 6:15 AM (Adult's RUN begins at the conclusion of Youth event approx. 7:40am.

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

**REGISTRATION:** Packet pick up is at the **Landis Cyclery**, 1006 E. Warner Rd., (corner of Rural & Warner in Tempe) Saturday November 18<sup>th</sup> from 2pm to 5pm AND Tuesday November 21<sup>st</sup> from 5pm to 6:30pm at Sole Sports Running Zone 18583 N 59<sup>th</sup> Ave Ste 112, Glendale, AZ 85308 (Southeast Corner Union Hills rd & 59<sup>th</sup> ave.) All entrants MUST sign a liability waiver at packet pick up. **This race has filled EARLY the last few years. A LARGE PORTION OF THE PROCEEDS WILL GO TO THE YMCA STRONG KIDS**

Parent signature required if participant is under the age of 18 yrs old. **HELMETS ARE REQUIRED!**

**FEES: Triathlon or Duathlon Individual:** \$82 postmarked before Nov 1st; Until Nov 11<sup>th</sup> \$92, thereafter \$99  
**Triathlon (2 or 3) person Relay Teams:** \$210 postmarked before Nov 1st; Until Nov 11<sup>th</sup> \$225, thereafter \$230  
**Youth Triathlon:** \$59 postmarked before Nov 1st; Until Nov 11<sup>th</sup> \$62, thereafter \$65

6 yrs old to 12 yrs old Youth Draft legal Triathlon, Same as Youth Triathlon distances and costs. Youth 13-19 yrs old draft legal Older Youth Adult Triathlon distances and costs as Adult Triathlon above.

RACE DAY SIGN-UP'S ACCEPTED FROM 4:30AM TO 5AM **\$10 EXTRA: REGISTRATION IS LIMITED TO 600 Racers**

**DIVISIONS: Youth Race Age divisions:** 7-8, 9-10, 11-12, 13-14 yrs old

(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:** 150+ lbs **Clydesdale:** 200+ lbs, Relay divisions: Coed, All Female, All Male.

**SPONSORS:** South West Valley Regional YMCA, AZ Triproject, Landis Cyclery, Carlos O'Brien's, M & J Trophies, TriSports.com, Hammer Gel, and Sole Sports Running Zone, and Anteater Exterminating, and Freddy's Restaurants

**SIGN UP: Register online at [trifamilyracing.com](http://trifamilyracing.com) or Mail entry forms & checks to: Tri-Family Racing,**

|                                      |            |   |
|--------------------------------------|------------|---|
| LAST NAME                            | FIRST NAME | YMCA Adult Member less \$5, Youth less \$3  |
| MAILING ADDRESS - INCLUDE APT NUMBER |            |   |
| CITY                                 | STATE      | ZIP CODE  |
| AGE                                  | SEX        | AREA CODE - PHONE NUMBER  |
|                                      |            | <input type="checkbox"/> Female + 150 lbs <input type="checkbox"/> Male + 200 lbs.<br><input type="checkbox"/> Athena <input type="checkbox"/> Clydesdale<br><input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL |

No need for swim times, triathlon starts off with Run first

|                       |                       |                      |                                |                                 |
|-----------------------|-----------------------|----------------------|--------------------------------|---------------------------------|
| Check Adult Triathlon | Check Youth Triathlon | Check Adult Duathlon | Check Draft Legal 6-12 yrs old | Check Draft Legal 13-19 yrs old |
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RELAY TEAM INFORMATION BELOW:

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