

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 18th from 2pm to 5pm AND Tuesday November 21st from 5pm to 6:30pm at Sole Sports Running Zone 18583 N 59th Ave Ste 112, Glendale, AZ 85308 (Southeast Corner Union Hills rd & 59th 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 11th \$92, thereafter \$99
Triathlon (2 or 3) person Relay Teams: \$210 postmarked before Nov 1st; Until Nov 11th \$225, thereafter \$230
Youth Triathlon: \$59 postmarked before Nov 1st; Until Nov 11th \$62, thereafter \$65

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 or Mail entry forms & checks to: Tri-Family Racing,

PO Box 86867, Phoenix, AZ, 85080-6867 "Make checks payable to: Tri-Family Racing"

LAST NAME										FIRST NAME										YMCA Adult Member less \$5, Youth less \$3	
-----------	--	--	--	--	--	--	--	--	--	------------	--	--	--	--	--	--	--	--	--	--	--

MAILING ADDRESS - INCLUDE APT NUMBER																		Female + 150 lbs		Male + 200 lbs.	
--------------------------------------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	------------------	--	-----------------	--

CITY						STATE		ZIP CODE				Athena		Clydesdale	
------	--	--	--	--	--	-------	--	----------	--	--	--	--------	--	------------	--

AGE		SEX	AREA CODE			PHONE NUMBER				S	M	L	XL
-----	--	-----	-----------	--	--	--------------	--	--	--	---	---	---	----

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

Check Adult Triathlon					Check Youth Tri					Check Adult Duathlon				
-----------------------	--	--	--	--	-----------------	--	--	--	--	----------------------	--	--	--	--

For More Information. email trifamilyracing.com

RELAY TEAM INFORMATION ONLY:

RELAY TEAM NAME										COED		ALL MALE		ALL FEMALE	
-----------------	--	--	--	--	--	--	--	--	--	------	--	----------	--	------------	--

SWIMMER: LAST NAME										FIRST NAME										Shirt Size		Sex	
--------------------	--	--	--	--	--	--	--	--	--	------------	--	--	--	--	--	--	--	--	--	------------	--	-----	--

BIKER: LAST NAME										FIRST NAME										Shirt Size		Sex	
------------------	--	--	--	--	--	--	--	--	--	------------	--	--	--	--	--	--	--	--	--	------------	--	-----	--

RUNNER: LAST NAME										FIRST NAME										Shirt Size		Sex	
-------------------	--	--	--	--	--	--	--	--	--	------------	--	--	--	--	--	--	--	--	--	------------	--	-----	--