

November 1, 2020 the 4th Annual Tri-Family Racing & Carlos O'Brien's Lake Pleasant Sprint & Olympic Triathlon & Duathlon

Adult Olympic Triathlon 1500 m Swim, 24.8 mi Bike, 6.2 mi Run

Adult Sprint Triathlon: 500 m Swim, 12.4 mi Bike; 3.1 mi Run,

Adult Sprint Triathlon PLUS: 1000 m. swim, 12.4 mi Bike, 3.1 mi Run

Adult Sprint Duathlon: 3.1mi. Run, 12.4 mi. Bike, 3.1 mi. Run

Two or three person Adult Olympic Triathlon Relay – Olympic Relay distances

🚲 **WHERE:** Lake Pleasant Regional Park north boat ramp, approx. 6 miles North of Castle Hot Spring road. Take highway 74 north to Castle Hot Spring road, you will pass the main boat entrance please proceed north to the North boat ramp entrance. THERE WILL BE A (\$7) per vehicle PARK ENTRANCE FEE! Quite often there is a long line to get in, come early and be prepared to give them \$7 cash upon your entry to the North boat ramp.

🚲 **WHEN:** Race starts approx. 7:45/ 8 am with the Adult Sprint & Olympic Tri & DU ALL TRI-ENTRANTS MUST HAVE THEIR BIKES IN THE TRANSITION AREA NO LATER THAN 6:30/7 AM

🚲 **AWARDS:** Five deep in all age & team categories. Awards presentation onsite.

REGISTRATION: Registration Packet pick-up is Saturday October 17th from 2pm to 5pm OR October 31st from 2:30 to 4pm at Bicycle Ranch, 15454 N. Frank Lloyd Wright Blvd. Scottsdale, AZ. Phone: (480) 614-8300. THERE WILL BE A (\$7) per vehicle PARK ENTRANCE FEE that must be paid upon entering Rattlesnake Cove, Tri-Family Racing will be selling them also at packet pick up.

FEES: Olympic TRI: \$169 postmarked before October 1st, before Oct 15th, \$179, thereafter \$180

Sprint TRI PLUS \$150 postmarked before October 1ST; Before Oct. 15th \$160, thereafter \$165

Sprint TRI OR Sprint DU \$139 postmarked before October 1st; Until Oct. 15th \$149, thereafter \$155

**Olympic TRI- Relay Teams (ADULT OLYMPIC ONLY): \$265 postmarked before Oct 15th \$280 thereafter
REGISTRATION IS LIMITED TO 400 ENTRANTS!**

DIVISIONS- (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; 70-74, 75-79 Athena: 150+ lbs, Clydesdale: 200+ lbs, Tri-Relay divisions: Coed, All Female, All Male

SPONSORS: Lake Pleasant Regional Park, TriSports.com, Anteater Exterminating, Carlos O'Brien's, M & J Trophies, Sole Sports, Bicycle Ranch, and Tri-Family Racing

SIGN UP: Register online at trifamilyracing.com OR Mail in entry forms to Tri-Family Racing, PO Box 86867, Phoenix, AZ, 85080-6867 "Make checks payable to Tri-Family Racing" This is a USAT sanctioned event; you MUST be an Annual member and have your membership card with you at packet pick-up OR pay a 1-day fee of \$15. Please fill in USAT # clearly _____ Expires: _____

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

LAST NAME

FIRST NAME

Your full Mailing Address here:

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

CITY

STATE

ZIP CODE

Athena

Clydesdale

--	--

SEX

AREA CODE

PHONE NUMBER

S	M	L	XL
---	---	---	----

AGE

PLEASE CHECK RACE BELOW

Sprint Triathlon	Sprint Tri Plus	Olympic Triathlon	Sprint Duathlon
------------------	-----------------	-------------------	-----------------

For More Information e-mail trifamilyracing.com

--	--	--	--	--	--	--	--	--	--	--	--

TRI RELAY TEAM NAME

--

COED

--

ALL MALE

--

ALL FEMALE

SWIMMER LAST NAME _____ FIRST NAME _____

BIKER LAST NAME _____ FIRST NAME _____

RUNNER LAST NAME _____ FIRST NAME _____

