

Sunday, September 14, 2008 Tri-Family Racing presents

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!**

Top 10 Females & Top ten Males from the 1st Adult race have a race off for the OVERALL awards.

WHERE: GCC Pool, GCC Campus (6000 W. Olive, Glendale, AZ)

🚴 **WHEN:** Youth swim starts at 7:00am, Adult's **swim** starts approx. 7:30 am. **ALL TRI ENTRANTS MUST HAVE THEIR BIKES IN THE TRANSITION AREA NO LATER THAN 6:45AM**

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

🚴 **REGISTRATION:** Registration packets and late registration will be available on Saturday, September 18th at Swiss American Bicycles, 16835 N. park Place, (One block West of 43rd Ave & Bell Rd. (Behind Discount Tire) 1 pm - 5 pm, Glendale, Arizona. All entrants **MUST** sign a **LIABILITY WAIVER** at packet pick up (ID required). Parent signature required if participant is under the age of 18 yrs old. **HELMETS ARE REQUIRED!**

🚴 **FEES TRI:** Individual: \$60 postmarked before Sept 9th; \$69 thereafter.

TRI Team: \$130 postmarked before Sept 9th; \$150 thereafter.

Tri Youth Race (Tri ONLY): \$40 postmarked before Sept 9th; \$49 thereafter.

RACE DAY SIGN UP!!!! ADD \$10.* REGISTRATION IS LIMITED TO 300 ENTRANTS!**

🚴 **DIVISIONS: Children's 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:** Swiss American Bicycles, Carlos O'Briens, Tri-Family Racing, Adobe Images, M & J Trophies, Glendale Community College, Alpha Graphics, Hammer Gel, Trisports.com, and Starbucks Coffee - Over \$500 in merchandise. **MAIL ENTRY FORMS & CHECKS TOO:** Tri-Family Racing, PO Box 86867, Phoenix, AZ, 85080-6867

🚴 **"Register online at Active.com. Also see website: trifamilyracing.com for additional information.**

LAST NAME	FIRST NAME

MAILING ADDRESS - INCLUDE APT NUMBER

CITY	STATE	ZIP CODE	Athena	Clydesdale	

AGE	SEX	AREA CODE	PHONE NUMBER						

S	M	L	XL
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Swim times for Adult's TRI ONLY, No need for Youth swim times..

minutes	seconds

For More Information
trifamilyracing.com OR
active.com

RELAY TEAM INFORMATION ONLY:

RELAY TEAM NAME	COED	MALE 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