

The Southwest Valley Regional YMCA Thanksgiving Day Thursday 11/27/2008 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

Tri-Family Racing presents the Thanksgiving Triathlon/Duathlon on Thanksgiving Day. Now,... with this triathlon, you have an excuse to eat all of the turkey you want! Everyone can get in on the fun; ...we have Youth & Adult divisions as well as Relay team competitions. This event will start and finish quickly allowing everyone time to get home for the holiday.

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 transition AREA NO LATER THAN 7:00 AM (Adult's RUN begins at the conclusion of Youth event approx 7:30am.**

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

REGISTRATION: Packet pick up is at Ski Pro, 2110 E. Camelback, Phoenix, 602-955-3939 Saturday 11/22 from 1pm to 5pm OR Tuesday 11/25 at 4:30pm to 6pm SAME LOCATION. (Ski Pro NOW Sells Swim gear accessories!)

All entrants MUST sign a liability waiver at packet pick up. This race has filled EARLY the last two years.

A PORTION OF THE PROCEEDS WILL GO TO THE YMCA STRONG KIDS PROGRAM.

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

FEES: Individual: \$67 postmarked before Nov 8th; \$77 thereafter.

Relay Team: \$150 postmarked before Nov 8th; \$165 thereafter. Adult teams may be 2 or 3 people

Youth Race: \$40 postmarked before Nov 8th; \$50 thereafter. - NO YOUTH DUATHLON

RACE DAY SIGN-UP'S EXCEPTED FROM 5:30AM TO 6:30AM \$10 EXTRA: REGISTRATION IS LIMITED TO 500 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: City of Goodyear & Avondale, SW Valley Regional YMCA, Landis Cyclery, Sprout's, Ski Pro, Starbucks Coffee, Carlos O'Briens, Adobe Images, M & J Trophies, Trisports.com, & Hammer Gel. Speed Street, Trader Joes, Over \$1000 in merchandise, **MAIL ENTRY FORMS & CHECKS TO: Tri-Family Racing, P O Box 86867, Phoenix, AZ, 85080-6867 "Make checks payable to: Tri-Family Racing" or register online at active.com**

LAST NAME	FIRST NAME	YMCA Member less \$5				
MAILING ADDRESS - INCLUDE APT NUMBER						
CITY	STATE	ZIP CODE				
AGE	SEX	AREA CODE				
PHONE NUMBER	<table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="padding: 2px;">S</td> <td style="padding: 2px;">M</td> <td style="padding: 2px;">L</td> <td style="padding: 2px;">XL</td> </tr> </table>		S	M	L	XL
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**For More Information. e-mail
trifamilyracingcom or Active.com**

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

Check Adult Tri **OR** Check Adult DU

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