

TRI IN JULY

Race Details

- SWIM 330 yards
- BIKE 6 miles
- RUN 2 miles

Packet Pickup: Race packets need to be picked up at Legion Park Shelter near the Sigourney Municipal Pool on race day, **Sunday, July 8th** between 6 a.m. and 7 a.m. Directions to the Legion Park: Turn West at the Fire Station onto Spring Street from Main Street/Hwy 149 in Sigourney. Go West on Spring Street until you reach the Legion Park.

Race Day Schedule:

6:00 AM Registration and transition opens
7:00 AM Registration/packet pick-up closes
7:15 AM Pre-Race briefing
7:30 AM Staggered swim begins

Immediately following the race the awards ceremony will be held.

Refreshments: Replace the fuel you burned with a wide variety of complimentary refreshments. Refreshments include: apples, oranges, bananas, cookies, and more. Liquid refreshments include: water, lemonade, and ice tea.

Course Description:

Swim: The staggered swim begins at 7:30 a.m. sharp. The 5 lap (330 yard) course is in the Sigourney Municipal Pool. One lap equals down and back in the same lane. You will swim down on the right side and back on the left side. The transition will be in the park up the hill from the pool.

Bike: Our challenging 6 mile bike course will take you through the small town of Sigourney. Then a straight stretch of the course will take you out of town and back. All bikers must have an ANSI approved helmet to participate. Bikers without helmets will not be allowed on the course. No drafting allowed, volunteers will monitor participants in the race.

Run: The 2 mile run includes a brief view of the Sigourney square. This is a great run to introduce you to the triathlon experience.

Registration:

Early Registration – Only \$20 individual, \$50 team
Race Day Registration - \$30 individual, \$60 team

Who Can Enter: Anyone who is at least 13 years of age as of race day can enter the Tri in July. Relay Teams are welcome. Competition is relay style with 2 or 3 individuals competing.

Prizes:

Medals will be awarded for each age division.

19 & under

20-29

30-39

40-49

50-59

60 & up

Co-Ed Team

Accomodations: Belva Deer Inn <http://www.belvadeerinn.com/>

Contact Information:

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