



## 2nd Annual Tri in July July 5th, 2009

Swim 330-yd    Bike 6-miles    Run 2-miles

Dear Participant,

Try a triathlon in July! Join us in promoting an active community, and the development of the Belva Deer Trail.

### Packet Pickup:

Race packets need to be picked up at Legion Park Shelter near the Sigourney Municipal Pool on race day, Sunday, July 5<sup>th</sup> 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 a.m.	Registration and transition opens
7:00 a.m.	Registration/packet pick-up closes
7:15 a.m.	Pre-race briefing
7:30 a.m.	Staggered swim begins
Immediately following	Award ceremony begins

### Post Race Activities

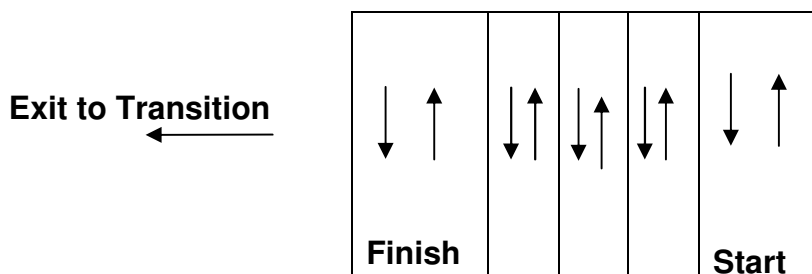
#### Refreshments:

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 – Mini-Sprint Triathlon

### Swim (Amber Schauf Memorial):

The swim is in memory of a person who treasured the hot summer sun and a few laps in the pool. The staggered swim begins at 7:30 a.m. sharp. The 5 lap (330 yard) course is in the Sigourney Municipal Pool. 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.

#### Who Can Enter

Individuals: 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**  
**Male Team**  
**Female Team**  
**Co-Ed Team**  
**Family Team**

**Early Registration – Only \$20 individual, \$50 team**

**Race Day Registration - \$30 individual, \$60 team**  
**Full event details at**

[www.triinjuly.com/home.html](http://www.triinjuly.com/home.html) OR [www.fitnesssports.com](http://www.fitnesssports.com)

**We wanted to make this affordable and also have discounts for early registration! Please print the registration form and mail. No online registrations at this time.**

**Participants will receive the standard race t-shirt.**

**Accommodations:**

<http://www.belvadeerinn.com>

**Contact Information:**

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