

SUDDENLINK LAKE NASWORTHY TRIATHLON

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SUDDENLINK MEDIA



July 12, 20097:30 amSan Angelo, Texas

300 yard swim / 10 mile bike / 2 mi run

www.active.com event ID =1735215



Club Sponsors



Start/finish location: The swim beach in [Mary E. Lee Park](#). Exit Loop 306 on Knickerbocker, go south on Knickerbocker across the main bridge, and turn right into park just past the bridge.

Course description: 300 yard open water swim, 10 mile bike on paved roads, and 2 mile run on pavement. Both the run and bike courses will be open to traffic during the event. The swim will take place in Lake Nasworthy at the swim beach.

Race Details: All age categories will start together at 7:30 but will be scored separately.

Depending on the number of participants, the start may be split into multiple waves on race day.

Helmets are required at all times when on the bike, including warming up. A racing license is not required-this is not a USA Triathlon event. Will race rain or shine. Race categories and fees listed below, all fees non-refundable unless event is cancelled. Race day registration and packet pickup at race location 6:15 -7:15 am. **Mandatory pre-race meeting 7:15 am on race day at [start/finish location](#)!**

Entry fees: Individuals = \$20, Teams = \$30

Award Categories:

- Overall Female and Overall Male
- Top Military Female and Top Military Male
- Top Collegiate Female and Top Collegiate Male
- Age Group awards Female/Male 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+
- Team awards 1st, 2nd, 3rd overall

Late registration and packet pickup: 6:00 pm-8:00 pm on Saturday July 11 at the [host hotel](#) (Staybridge Suites, 325-653-1500) and 6:15 am-7:15 am morning of the event at the race site.

For more information: Contact Pat Barton, race director, at (325) 942-7646 or email pbarton@mayfieldpaper.com.

Triathlon training plans!

Visit www.sanangelobicycleassociation or www.roadlizards.org and go to the "Triathlon Challenge" page!

Register online at www.active.com, or mail pre-registration entries to Lake Nasworthy Triathlon, PO Box 2851, San Angelo Texas 76902

Make checks payable to [San Angelo Road Lizards](#)

First Name: _____ Last Name _____

Age _____ Male _____ Female _____ Military (Yes/No) _____ College student (Yes/No) _____

Address: _____ Phone _____

Email _____ Team Name (for team event only): _____

Please check one of the following categories: _____ Individual _____ Team

Emergency contact name: _____ Telephone: _____

T-shirt size (only for racers pre-registered by 7/9/08) _____ S _____ M _____ L _____ XL

Signature of participant _____ (signature of parent if under 18)

NOTE: All participants will be required to sign a Release Waiver before competing in the event.