



Shaver Lake Triathlon

Sunday, September 19th, 2010

Presented by Sierra Multisport Productions llc

Sprint Distance 400-Yard Swim / 12-Mile Road Bike / 3-Mile Run

Olympic Distance 1.5 K. Swim / 40 K. Road Bike / 10 K. Run

Where: Shaver Lake, Central California.

Course: The race takes place in and around the beautiful, majestic town of Shaver Lake. Both the Sprint and Olympic distance will start and finish at Camp Edison. The bike and run course are out and back, with rolling hills. Sprint Distance starts 8 a.m. Olympic Distance starts 8:30 a.m.

Event Schedule:

Sunday, 09-19-10: Package Pick-up and registration at Camp Edison 6:00 till 7:45 AM.

Awards: Awards will be presented to overall male and female winner, and to top 3 finishers in each category. Age groups are divided in 10-year increments (19 and younger 20-29, 30 -39, etc to 60 and up). Awards will be presented to the first 3 teams - we will not make the distinction among coed, male, or female teams. Results will be posted on our website.

Rules: All participants must sign a waiver at package pick-up. All participants need to wear a helmet while on the bike. Straps on helmet must be closed at all times. No bike riding in transition area. No drafting on the bike is allowed. Failure to follow the race rules will result in disqualification. Caution: traffic will be monitored at intersections, but course is not closed for vehicles. Stay on the right as much as possible. Athletes cannot ride or run with headphones. Please leave your dog at home.

All athletes registered before September 1st will receive custom quality T-shirt. All athletes will receive a goody bag with swim cap and food at the finish line. We will provide aid stations along the run course. Entry fee will go up \$10.00 after 09/01/10. Those athletes who register after 9-1-10 or on race day are not guaranteed a T-shirt. T-shirt will be distributed on a first come first serve basis.

Volunteers are always welcome and appreciated. They will receive a T-shirt and Lunch
Event will take place rain or shine.
No refunds - no exceptions!

Lodging: Camping is available at Camp Edison - (559) 841-3134. WWW.sce.com
Look up "Camp Edison"
E-mail: camped@sce.com, or contact The Shaver Lake Chamber of Commerce at (559) 841-3350

Directions: For directions see website www.shaverlakechamber.com

Race Directors: Faron and Heleen Reed

Phone: 559 - 435 - 7541

Faron-Heleen@sbcglobal.net

WWW.sierramultisport.com

Confirmation letter with updated information will be sent after entry, when legible e-mail address is received.

Mail entry from with fee to:

Sierra Multisport Productions, llc.

272 W. Teague Ave

Fresno, CA, 93711

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Please fill out and mail with entry fee

Race Category (circle one): Sprint / Olympic / Relay (Olympic only)

Fee
Individual \$75.00 sprint \$85.00 after September 1 st .
\$85.00 Olympic 95.00 after September 1 st .
Relay \$180 \$190 after September 1st
Amount enclosed: \$_____

Name: _____
Address: _____
Email: _____
Phone: _____
Emergency Contact#: _____
DOB: _____ Age on race day: _____
Sex: M__ F__
T-shirt size: S / M / L / XL / XXL (circle one)