



## Albany Sprint Triathlon

Sunday - April 18, 2010 - 8:00am

- 750m Swim
- 20k Bike
- 5k Run

### General Information

- Certified bike helmets are required!
- Course is designed for beginners and intermediate triathletes.
- Transition area is supervised
- Showers, dressing, and restrooms will be available.
- Both transition areas are at the same location
- Lap counters will be provided for swim
- Mountain Bike Division, tires must be  $\geq 1''$
- A water table will be provided on the run course and then at the end of the event
- Race day packet pick-up begins at 7:00am
- All participants will receive a t-shirt
- Race benefits the Albany Aquatics Association  
[www.teamunify.com/Home.jsp?team=osaac](http://www.teamunify.com/Home.jsp?team=osaac)

### The Course

- The triathlon will start and end at:
- Albany Community Pool  
2150 36<sup>th</sup> Ave SE Albany, OR
- 750m (0.45 mile) pool swim
- 20k (12.5 mile) easy loop bike course
- 5k (3.1mile) flat course run, with 1 water station

### Seeding

Submit your 500yd swim time (for seeding purposes only). Heats will be assigned by submitted time. Notification will be sent, or posted online after April 12, 2010 for heat and lane assignments.

### Awards

- Overall top male and top female finishers will receive medallions
- Ribbons awarded for 1<sup>st</sup> – 3<sup>rd</sup> place and top 3 relay places in each division
- Awards presentation at approx 11:00am

### Divisions

Age Divisions (Race Bike)	Mountain Bike Divisions
19 & under	19 & under
20 - 24	20 - 29
25 - 29	30 - 39
30 - 34	40 - 49
35 - 39	50 - 59
40 - 44	60+
45 - 49	
50 - 54	
55 - 59	
60+	

Age categories for 3 person Relay:

- Combined ages under 90
- Combined ages 90 and over

### Registration Form

#### 2010 Albany Sprint Triathlon

Registration by mail must be postmarked by **April 11, 2010**. Late entries will be charged an additional \$5.00. No race day entries. No refunds. Limited space available! (A separate form is required for each entrant or team)

Name of Swimmer: \_\_\_\_\_

Cyclist (if different) \_\_\_\_\_ Runner (if different) \_\_\_\_\_

Address of Swimmer \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ 500yd swim time \_\_\_\_\_ Mtn Bike (Y/N) \_\_\_\_\_

( ) \_\_\_\_\_ e-mail address \_\_\_\_\_

Individual \$40.00/pp

3 person relay team \$75.00/team

Shirt size: S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

This event is a fund raiser for *Albany Aquatics Association*

Make checks payable to: Albany Aquatics Association

Mail to: Albany Community Pool – Albany Sprint Triathlon  
2150 36<sup>th</sup> Ave SE - Albany, OR 97322

OR register online at [signmeup.com](http://signmeup.com)

#### Waiver for the Albany Sprint Triathlon

By registering for the Albany Sprint Triathlon 2010, you agree with the following rules, conditions, and regulations of the event and will comply with them. Minor applicants will not be accepted without parental consent. I am aware that this race may be difficult even for a conditioned athlete. I have been warned that I should not participate in this event unless: a) I am in excellent physical condition, and b) I have recently completed a physical examination.

I hereby for myself, my heirs, my executors and administrators waive, release and discharge Albany Aquatics Association, the Albany Community Pool, sponsors, and any persons connected with this event or representative, successors, and assigns from any and all right, claims, or liability for damage caused by me or anyone else, arising out of or in connection with my participation in this event. I further agree that I will defend indemnity and hold harmless the Albany Community Pool, School District 8J, Albany Aquatics Association, Emergency Services, and it's sponsors, it's members and agenda or any of them against all claims demands or causes of action including court costs and attorneys' fees directly or indirectly arising from any or other proceedings brought by or prosecuted for my benefit contrary to this agreement.

Signature of Swimmer (parent or guardian if under 18) \_\_\_\_\_

Signature of Cyclist (if different) \_\_\_\_\_ Signature of Runner (if different) \_\_\_\_\_

