

Le Mars  
**SPRINT  
TRIATHLON**

- SWIM -  
**300 yards**

Le Mars Outdoor Pool (heated)

- BIKE -  
**15 miles**

Out and back on C-30 & South K-64  
blacktop

- RUN -  
**5K**

through residential Le Mars

**Where:** City of Le Mars YMCA Outdoor Pool

**When:** Saturday, September 11, 2010

**Time:** 9:00 am (check in at 7:00 -8:15 am)

**Fees:** Includes post event t-shirt, use of  
timing chip and post race meal.

**Individual**

\$25 by June 1

\$30 by August 9

\$35 by September 2

\$45 by September 9

**Team:** Compete as a 2-3 person team.

One person per event

\$45 by June 1

\$53 by August 9

\$60 by September 2

\$75 by September 9

General Rules  
& Information

- All Sport Central chip timed event
- Not a USAT sanctioned event
- All individuals and team members must be 15 to participate
- Helmet required for bike portion
- Packet pick-up and swim practice Friday, September 10, 2010 from 5:00 - 8:00 pm at the Le Mars Outdoor Pool. Friday night packet pick-up is strongly encouraged.
- Teams may be made up of co-ed, all male or all female athletes 15 years or older. All teams compete against each other, regardless of team compilation.
- All participants must have their transition area set up, numbers on and ready to go at 8:20 am Saturday.
- Event instructions at 8:40 am
- Prizes awarded to top winners in each age division, overall top 3 males, top 3 females and overall top team.

**For a complete description  
and set of rules please visit  
[www.allsportcentral.com](http://www.allsportcentral.com) or  
[www.lemarsymca.org](http://www.lemarsymca.org)**

Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Birth date \_\_\_\_\_ Gender M F

Emergency contact name & number  
\_\_\_\_\_

T-shirt Size (adult) S M L XL XXL

300 Yard estimated swim time \_\_\_\_\_  
(please be accurate)

Race Division: Individual Team

**FOR TEAMS ONLY:**

Team name \_\_\_\_\_

Captain \_\_\_\_\_

Team swimmer \_\_\_\_\_

Birth Date \_\_\_\_\_ T-Shirt Size S M L XL XXL

Address \_\_\_\_\_

Team biker \_\_\_\_\_

Birth Date \_\_\_\_\_ T-Shirt Size S M L XL XXL

Address \_\_\_\_\_

Team runner \_\_\_\_\_

Birth Date \_\_\_\_\_ T-Shirt Size S M L XL XXL

Address \_\_\_\_\_

Thank you to all of our sponsors!



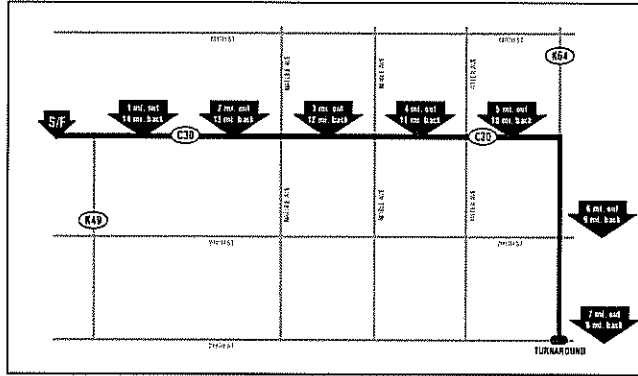
Le Mars YMCA



MT SHOP, INC.

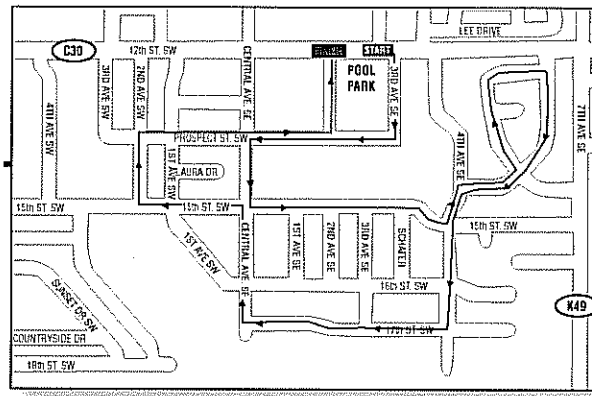


### LE MARS SPRINT TRIATHLON BIKE COURSE



### Le Mars Sprint Triathlon Run Course

**Distance:** 3.1 miles/5 km  
**Location:** Start - Le Mars Outdoor Pool  
 Residential Le Mars  
**Attributes:** Loop, mixed flat & hills, roads  
**Description:** Run through residential Le Mars in neighborhoods around the outdoor pool



For a complete event description and rules contact:

Angela Loutsch, City of Le Mars YMCA  
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 712-546-6655 • angelal@lemarsymca.org  
[www.lemarsymca.org](http://www.lemarsymca.org)  
[www.allsportcentral.com](http://www.allsportcentral.com)

# Le Mars SPRINT TRIATHLON

2010



**SWIM** 300 yards  
**BIKE** 15 miles  
**RUN** 5K

Brought to you by:



Le Mars Hy-Vee