

# Race Routes



## Start Location/Time:

The Ponds Farmhouse  
326 Hundred Oaks Parkway  
Summerville, SC 29483  
7:30 am start

## Distances:

### Age group 7-10

- 100 m swim (2 laps in pool)
- 2.5 mile bike (1 time around course)
- 0.5 mile run

### Age group 11-14

- 200 m swim (4 laps in pool)
- 5 mile bike (2 times around course)
- 1 mile run

## Award Categories:

- Age groups (7-10 and 11-14) – boys and girls
- Awards for overall boy and girl
- Largest group to participate
- Individual who participated & traveled the farthest

## Registration Information:

Registration postmarked by August 8-\$15.00  
Registration postmarked after August 8-\$20.00  
NO race day registration

Race packets will be available for pick-up on Friday, August 14 from 6:00-9:00 pm at the Summerville Family YMCA at The Ponds located at 101 Pottery Circle, Summerville, SC 29483 or on Saturday, August 15 from 6:00-7:00 am at The Ponds Farmhouse.

## Race Rules:

- Helmets are mandatory during the bike leg. Athletes will not be allowed to leave the bike corral without a helmet.
- Shirts or one piece swim suits are required. No one may race shirtless.
- No headphones allowed.
- Parents are not allowed in transition areas.



Participants Name \_\_\_\_\_

Male or Female *(Please Circle)* \_\_\_\_\_

Age on Race Day \_\_\_\_\_

Race Division 7-10 or 11-14 *(Please Circle)* \_\_\_\_\_

Parents Name \_\_\_\_\_

Address \_\_\_\_\_

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

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_

T shirt Size *(Please Circle)* \_\_\_\_\_

Youth S M L

Adult S M L

Amount enclosed: \_\_\_\_\_

I hereby release all municipal agencies whose property and/or personnel are used and other sponsors or individual(s) from responsibility for any injuries and/or damages I may suffer as a result of my participation in the Triathlon event. I hereby certify that I am in good condition and am able to safely compete in the event. I understand the entry fee is non-refundable and that my race packet cannot be mailed. As a participant, I certify that all information provided in this form is accurate and complete. I give permission for free use of my name and picture.

Signature \_\_\_\_\_

Parents Signature If Under 18