



# is proud to present the 2009 Sunrise Triathlon Series

**"Rookie Friendly Event!!"**  
register online [www.Getmeregistered.com](http://www.Getmeregistered.com)

<b>Dates &amp; Distances:</b>	1) May 3, 2009	400 yd swim	12 mile bike	2 mile run
	2) May 24, 2009	450 yd swim	14 mile bike	2.5 mile run
	3) June 14, 2009	450 yd swim	15 mile bike	3 mile run

**Location:** All races will be held at Town South Swim Club—9630 Smitherman Dr, Shreveport, LA—Directions are posted on [www.sportspectrumusa.com](http://www.sportspectrumusa.com)

**Start Times:** All races start at 7:30 AM—SHARP!! Each athlete will be seeded by swim time.

<b>Entry Fee:</b>	<b>Sunrise Members</b>	<b>Non—Members</b>
per race	\$35.00	\$45.00
All 3 (by May 2nd)	\$85.00	\$110.00



This series will be sanctioned by USA Triathlon. All participants must be licensed annual members or must purchase one day license for \$10.00. Become an annual member @ [www.usatriathlon.org](http://www.usatriathlon.org)!

**RACE DAY REGISTRATION IS \$60.00—NO EXCEPTIONS!**  
(Race Entry Fees are non-refundable & non-transferable)

**Packet Pick-up:** Packets can be picked up at Sportspectrum the Saturday before each race from 12 PM—5PM. Must present current USAT card for packet pick up.

**Awards:** Each category depth will be based on number registered. Also a special award will be awarded to Overall Series Winner (Male & Female) - to be eligible for this award you must participant in all 3 races. Categories (Male & Female) - 19-under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

**More Info:** Visit [www.sportspectrumusa.com](http://www.sportspectrumusa.com) or call Sportspectrum- (318)798-1241

**Want to join Sunrise Triathlon Club?? Check out the website at [www.sunrisetriclub.org](http://www.sunrisetriclub.org) or Contact Doug Gotberg, [djgberg@aol.com](mailto:djgberg@aol.com), 318-458-3631**

**ChampionChip Timed Event** by Atomic Racing Systems—[www.atomicracingsystems.com](http://www.atomicracingsystems.com)

**\*All children under 12 must be accompanied by an adult during the bike leg.**

**NEW IN 2009- Relays available- must register online.**

## Official 2009 Entry Form

Register Online—[www.getmeregistered.com](http://www.getmeregistered.com)

Last Name										First Name										Sex (M/F)	
Street Address										Apt No.											
City										State		ZIP Code									
Date of Birth (MM/DD/YY)				Age on 12/31/09		USAT#				Tee Size (Please Circle)											
S M L XL XXL						Only one Tee total															
Email Address																					

Please write in your estimated swim time for 400 yds during race \_\_\_\_\_:\_\_\_\_\_ minutes (Seed Time)

Individual Entry Sunrise Member	\$85.00(All 3)	\$35.00	\$_____	Race 1	Race 2	Race 3
Individual Entry Non-Member	\$110.00(All 3)	\$45.00	\$_____	Race 1	Race 2	Race 3
Individual Entry Race Day		\$60.00	\$_____	Race 1	Race 2	Race 3
ChampionChip Purchase (Includes Strap)		\$35.00	\$_____	Total Paid \$_____		