



jbmountainbikes.com

Weekend Warrior Triathlon

4-Person Relay

Saturday, August 7th, 2010

9:15 A.M.

Shillington Park in Shillington, Pa. **Rain or Shine!**

Registration: Pre-registration entries must be post marked by July 26th. (Race limit is 60 teams).

Entry fee: \$80 per team.

Race day check in: 7:30- 8:30. **Pre-race Meeting:** 8:30am.

Open Divisions:

M – Male	F - Female	MA – Masters *All members 40+	C – Coed *2 of each gender	FA 13 Under or FA 14+ Family
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SPECIAL DIVISIONS

The divisions below can be any combination of the above divisions; each school, business or department can have an unlimited number of teams entered.

***Please include school, business or department name in team name.

HM – High School Male	HF – High School Female	HC – High School Coed
PFD – Police or Fire Departments *Departments can combine to form a team	SD – School District *Teachers / Coaches / Admin	CO - Corporate

Race Distances: (4 Team members)

1st Leg: 2 Mile Road Run. **2nd Leg:** 6 Mile Mt. bike (**Must be a Mt. bike-** helmet required)
3rd Leg: 8 Lap Pool Swim. **4th Leg:** 2 Mile Cross Country Run.

The goods: Imprinted race shirt, water bottle, energy bar, plus other goodies and free food after the race.

Awards: 1st place team trophies in each division.

**2nd and 3rd place teams in each division-based on every five pre-registered teams in division.

Contact us at ibulrich@aol.com or call Breakaway Sports at 610-775-4614.

Join our race update email list: Simply send email to bulrich1@aol.com.

REGISTER ONLINE AT:

www.makebreak.com

