

jbmountainbikes.com
Weekend Warrior
Triathlon and 4-Person Relay

Saturday, July 30th, 2011

9:15 A.M.

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

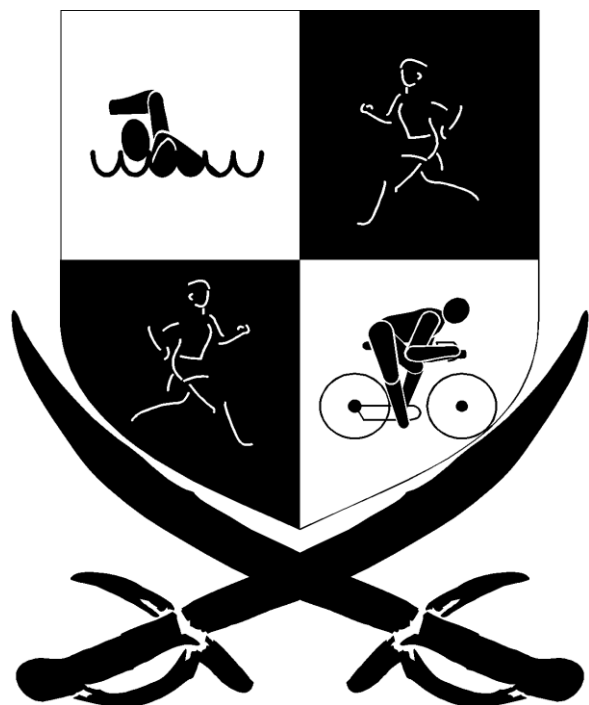
Registration: Pre-registration entries must be received by July 21st.

Race limits: Maximum of 60 teams and 70 individuals

Entry fee: \$80 per team. \$40 for individuals

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 10 + Under or FA 11-14 and Family Open (at least one in age range)
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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
PFM – Police, Fire, Military You MUST all be legitimate team members	INDIVIDUAL This year, you can race individual	CO – Corporate MUST be legitimate employees

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, 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.

Individual: Same criteria as above; Overall male and female, 19 and under, 20-29, 30-39, 40-49 and 50 +

Contact us at bulrich1@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

