



Presents

The Lakewood Valley Triathlon

To benefit the Owensboro Family YMCA
(110 years of consecutive service to the Daviess County community)

Race Rules and Policies

Relay Events:

To support families and fitness, the Owensboro Family YMCA has chosen to include and encourage race relays in participation with the Triathlon event. This is done without any inconvenience to the individual racers.

Definitions:

Open Relay Mix – must consist of at least 2¹ different participants of any gender.

Open Relay Men – must consist of at least 3 different male participants of any relation or age.

Open Relay Women – must consist of at least 3 different female participants of any relation or age.

Corporate Relay – must consist of three employees from the same company, of any gender.

Family Relay – must consist of any three family members (i.e. father, son, daughter or uncle, nephew, cousin). Because the Owensboro Family YMCA is promoting this category for fun and to support family unity, we are simply trusting the competitors to represent themselves honestly.

Youth Men – must consist of three different males competitors all under 20 as of race day.

Youth Women – must consist of three different females competitors all under the age of 20.

¹ Any relays competing with less than 3 participants can only be scored and awarded in the Open Mix relay division.

Awards (Trophies or plaque):

Relay Race Divisions Awards

Open Team Mix	1 st – 3 rd
Family Relay (2/3 relatives)	1 st – 3 rd
Open Team Men	1 st & 2 nd
Open Team Women	1 st & 2 nd
Corporate Relay	1 st & 2 nd
Youth Team Male (19&u)	1 st & 2 nd
Youth Team Female (19&u)	1 st & 2 nd

Individual Awards:

Overall Male Champion	1 st
Overall Female Champion	1 st
Clydesdale Men (over 200)	1 st

Men Awards 1 st – 3 rd in following categories
15 and under
16-20
21-25
26-30
31-35
36-40
41-45
46-49
50 – 59
60 and over

Women Awards 1 st – 3 rd in following categories
21-25
26-30
31-35
36-40
41-50
51 & over
Women Award 1 st & 2 nd in following categories
15 and under
16-20

Arrival:

All participants must arrive by 7:15 AM. At 7:30 AM, no automobiles, except for those with race director approval may be driven in the race area. Race starts promptly at 8 AM.

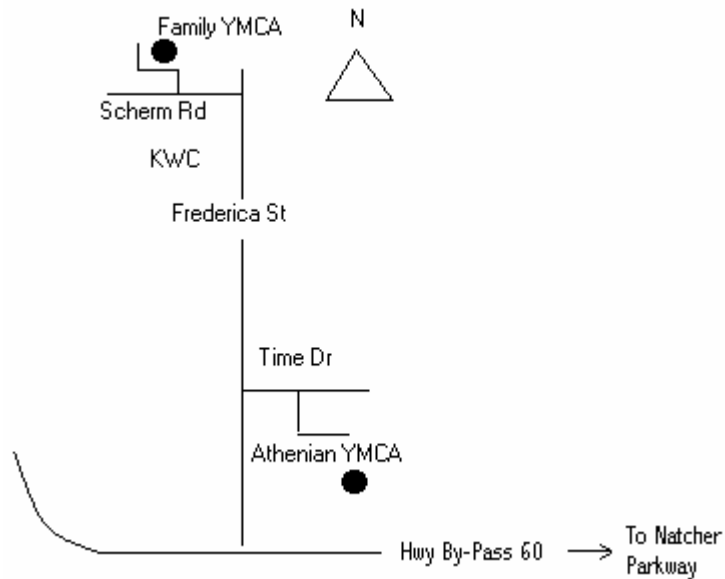
Parking and Departure:

The swim/bike and bike/run transition point is between the parking area and the exit. No automobiles will be allowed to leave prior to the final biker transitioning into the run, and then only with Race Director approval. Prior to the completion of the race anyone leaving must have approval by the Race Director, Theresa Rowe and be safely escorted off the property with a race volunteer.

Packet Pick-up:

Packets will be available for pick-up on Friday, June 10th at the Owensboro Family YMCA – 900 Kentucky Parkway from 4 pm – 8 pm. Packets will include freebees, *dining coupons*, and last minute race instructions.

Directions
to YMCA:



Race Photos:

Racers and volunteers agree to allow the Owensboro Family YMCA and the Lakewood Valley Triathlon committee to use any photos taken at or during the race for promotional purposes.