



The YMCA Lakewood Valley Triathlon

Sponsored by



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

Race Rules and Policies

Event Overview/Details:

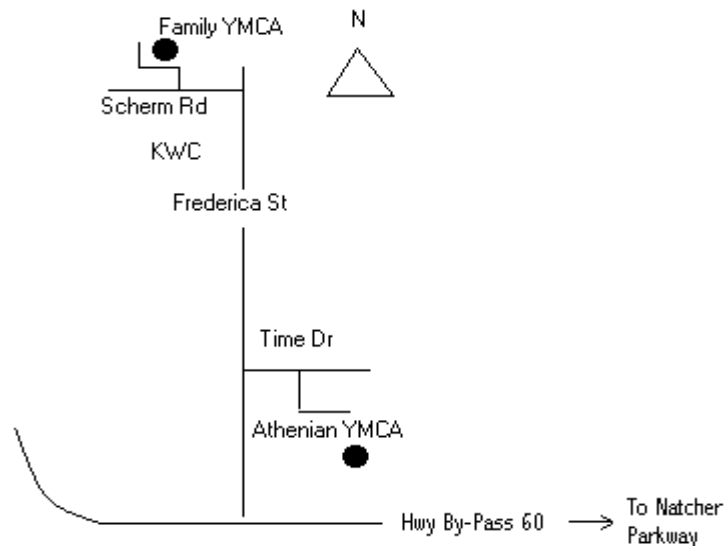
The YMCA Lakewood Valley Triathlon, the Midwest's Most Beautiful Triathlon is a sprint distance triathlon. It consists of ½ mile swim in a reservoir-type man-made lake, 15 mile country road bike course and ending with a meandering paved and path 3 mile run round the lake.

Start Time: Saturday June 11, 2011 - 8:30 a.m.
Wave start is probable and based on number of participants

Check-in/Marking: 6:00 a.m. - 7:45 a.m.
Athletes must check-in, stage their bikes and stow gear
8:00 a.m. - 8:15 a.m.
Mandatory pre-race meeting (in transition area)

Packet Pick-up: Packets may be picked up at the Owensboro Family YMCA on Friday June 10, from 12 noon until 6 p.m. or on Saturday, June 11 in Whitesville/Lakewood Valley Triathlon registration before 7:30 a.m.

Directions to YMCA:



To download a race entry form, go to www.owensborotriathlon.com

\$5 Parking Fee: All participants will receive - in their packets one free parking pass. Guests/non-participants will be charged a \$5 parking fee. Race day entries will pay \$5 at the gate and be charged \$5 less at registration.

Entrance/Egress: *For SAFETY, no cars will be allowed in or out of the Lakewood Valley Complex for 120 minutes after the*

start of the race. If the race begins at 8:30 a.m., the gates will be closed to automobile traffic until 10:30 a.m.

Equipment:

- Swim caps are required during the swim leg
- ANSI approved helmets must be worn during the bike leg
- No headphones can be worn during the competition
- All runners must wear appropriate footwear for both path and paved surfaces
- Wet suits are not allowed unless water temperature is below 78 degrees (average temperature over the past 4 years has been 81-82 degrees).
- No bikes may be removed from transition without matching racers # with Bike #.

USAT Sanctioned Event:

The 2011 YMCA Lakewood Valley Triathlon is a sanctioned USAT (USA Triathlon) event. All racers must follow USAT rules and regulations. A \$10 daily USAT membership fee has been added to the race fee creating a total of \$65 per early individual registration or \$80 for late individual registration. If you are currently a member of USAT and are able to provide proof of membership, your entry fee will be less \$10. Same goes for the relay event: the entry fee will be less \$10 per USAT registered athlete (with proof of registration). *If you are a member of USAT and wish to contribute your \$10 fee to the Owensboro Family YMCA Financial Assistance fund, you must still prove active membership. Without proof of membership, all \$10 USAT Daily Membership fees go directly to the USAT.*

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.

Post-Race Meal:

The Owensboro Family YMCA, Lakewood Valley Association, sponsors and volunteers will provide a free post-race meal for all participants (and volunteers). Guests and family members of participants may purchase food from our concessions area.

Divisions

To support families and fitness, the Owensboro Family YMCA has chosen to include and encourage race relays in participation with the Triathlon event. We attempt to do this 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 3 employees (or spouses) from the same company, of any gender.

Family Relay - must consist of 3 immediate family members.

Awards (Medal/Trophy or Plaque):

Relay Race Divisions Awards

Open Team Mix	1 st - 3 rd
Open Team Men	1 st - 3 rd
Open Team Women	1 st - 3 rd
Family Relay	1 st - 3 rd
Corporate Relay	1 st - 3 rd

Individual Awards:

Overall Male Champion	1 st
Overall Female Champion	1 st
Clydesdale	1st
Athena	1 st
Masters (40 and above)	1st
Grand Masters (50 and above)	1st

Men Awards 1 st - 3 rd in following categories
14 and under
15-19
20-24
25-29
30-34

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

35-39
40-44
45-49
50-54
55-59
60 and over

Women Awards 1st - 3rd in following categories

14 and under
15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60 and over

