

THE RACE
USAT Sanctioned ChampionChip Timing!

SWIM (450 yds)

- Women swim 8 laps in the 25 meter yard
- Men swim 9 laps in the 25 yard pool
- 2 racers per lane in each heat
- Suit and swim cap required (Wetsuits not allowed)

BIKE (11.2 mi.) 18K

- 5 lap course on local streets
- USAT mandatory helmet rule will be enforced
- Stopping at water stations during the bike portion will not be allowed
- Bike bar end plugs must be supplied by athlete.

RUN (3.1 mi.) 5K

- Out and back course
- Water stations on the course

NO RACE DAY REGISTRATION.

All athletes must sign YMCA and USAT waivers.

Packet Pick-Up/Orientation Fri 5/15, Sat 5/16 or Sun 5/17.

All athletes are responsible for their own packet pick up.
Photo ID required.

Each racer receives two safety pins and a race number corresponding to his or her name on the official roster. Vertical body marking on right arm and leg.

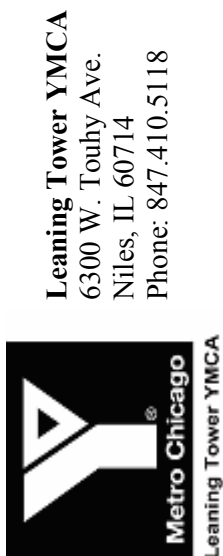
You are responsible for your own chip. No extras available.

The Tower Triathlon is a pool swim race. You will be assigned a starting time. Fast swimmers will go first. Make sure your estimated swim time is ACCURATE.

You must register at least 30 minutes prior to your start time. You will be counting laps for the heat before yours. Be on deck and ready to go when the heat before yours is ready to start.

Start times will be available at our website Sat. May 16th
12:00pm

No portable music devices allowed.



Leaning Tower YMCA



24th Annual Tower Triathlon



450 Yard Pool Swim • 18K Bike • 5K Run

Sunday, May 17, 2009

Online registration: www.active.com



