



Sergeant Audie Murphy Triathlon



Saturday June 19, 2010

Where: West Beach, Lake Tholocco on Johnston Rd., Ft Rucker, Alabama

When: Saturday June 19, 2010; *Race Start:* 0700 CDT

Race Course:

Swim-1/4 mile in Lake Tholocco

Bike-10.6 miles, out and back, along an asphalt road

Run-3.1 miles, out and back, along a hard-packed, improved dirt road

Details:

Swim 1/4 mile in the beautiful waters of Lake Tholocco. The water is usually calm and very flat in the morning. The course is well marked with buoys. Lifeguards will be on duty.

The 10.6 mile, out-and-back, fast and rolling **bike** course begins at West Beach Transition of Lake Tholocco, proceeds South along Johnston Road, and right onto Christian Road. Turnaround is just prior to the Faulkner Gate.

The 3.1 mile, out-and-back, fast and rolling **run** will begin at the West Beach Transition, proceed north along Johnston along the hard-packed, improved dirt road, turn around just prior to the RV park and return to the finish.

Civilian/Military Individuals and Relay Teams (2 or 3 competitors per team) are welcome. 4 starting heats: Male/Female 30 and under, Male/Female 31 and above.

Swim caps will be provided and must be worn during the swim. Helmets must be worn during the bike (not provided).

Aid stations will be provided on the bike and the run course. Post race refreshments will be provided.

Entry Fee:

Individual Early Registration: \$40 (by June 5); after June 5, \$50

Relay Team (max 3 competitors) Early Registration: \$70 (by June 6); Relay Team (max 3 competitors) Race Day: \$80

****All pre-registered competitors will receive a T-shirt****

****Competitors registering race day will receive T-shirts while supplies last****

PRE-REGISTRATION IS HIGHLY RECOMMENDED!!!

Pre-Registration/Package Pickup:

Registration forms available and payment may be made at both the Fortenberry-Colton Physical Fitness Facility and the Fort Rucker Physical Fitness Facility. You may also mail your payment to the address below.

Pre-registration packet pick up will be Friday June 18, 1500-1700 on site at West Beach, Lake Tholocco.

Race day registration: 0530 to 0630 CDT; Transition closes 0645 CDT; Race starts 0700 CDT.

Awards:

Trophies will be awarded to the Overall Female and Male, Master Female and Male, Grandmaster Female and Male. First Place trophies and Second and Third Place medallions will be awarded for the following age categories: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-59, 60-69, and 70 & up.

Trophies will be awarded to the 1st, 2nd, and 3rd place Relay teams.

CASH AWARDS WILL BE GIVEN TO TOP OVERALL FINISHERS AND THE TOP RELAY TEAM!!!

Race Director: Call 255-0308 for questions and more info.

Do you have what it takes? For Entry Forms: <http://www.ftruckermwr.com> and click the link

Sergeant Audie Murphy Triathlon
Physical Fitness Facility
Bldg. 4605 Andrews Ave.
P.O. Drawer 620189
Fort Rucker, AL 36362



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Entry Form

Circle Shirt Size: S M L XL Youth M Youth L

Circle Race: Individual Relay Team (2 or 3 competitors per team)

Relay Team Name: _____

RELEASE AND HOLD HARMLESS AGREEMENT

DEPARTMENT OF FAMILY AND MORALE, WELFARE, AND RECREATION

I know that participating in a Triathlon is a potentially hazardous activity. I should not enter or participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the Triathlon. I assume all risks associated with participation in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and-or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Department of Family and Morale, Welfare, and Recreation Fund and the United States Government from any liabilities or claims arising from my own participation. I agree that I will never prosecute or in any way aid in the prosecuting of any demand, claim or suit against the United States Government for and loss, damage or injury to my person or property that may occur from any cause whatsoever as a result of taking part in this activity. I also understand and agree that I may be held liable for any damage or loss to the United States Government that is caused by my gross negligence, willful misconduct or fraud.

Name: _____ DOB: _____

Status (circle one): Active Duty Dependent Reserve Retired Civilian

Phone: _____ Sex: _____ Age (as of 19 June 2010) _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

How did you find out about this event? (circle any that apply)

Flier Poster Marquee/Banner MWR Website website (other) friend/word of mouth other _____

Signature: _____ Date: _____

Parent or Guardian must sign if under 18

United States Government, as used here, includes Morale, Welfare, and Recreation Activities (MWR) officers, agencies or employees of the United States Government or MWR Activities acting officials or otherwise.

Entry forms can be processed/paid at either Physical Fitness Facility.
You can also mail this entry form and check (made out to IMWRF) to the address:

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