

## **Mammoth Lakes Swim Team Triathlon July 5<sup>th</sup>, 2009**

Overview: The day will center around the kids triathlons starting at 10 a.m. We hope to get kids more active! A BBQ will follow the end of the races. We will have a limited entry sprint triathlon geared toward adults starting at 8 a.m. All registration will take place the week before the event and the morning of the event. Registration forms will be available at all swim practices June 29<sup>th</sup>-July 3<sup>rd</sup> at Whitmore pool. If you would like to reserve a spot earlier, you may send a check as discussed below. First come, first served. We are expecting all races to fill.

The swim: All races will swim in Whitmore pool which is a 25 meter outdoor pool with 6 lanes. Water temperature averages around 80 F and wetsuits will not be allowed. We will have participants splitting the lanes so up to 12 people will be swimming at once. There will be heats seeded by time for each course.

The Bike: Helmets are required. The full and half sprints will be along Benton Crossing road which will be open to traffic. This is a recreational race and all participants are expected to watch for cars and give right of way to cars. The mini races will have minimal exposure to traffic and we will have volunteers helping at all areas that are open to cars. Safety for the kids is our top concern.

The Run: Final run courses to be determined. The mini races will be on dirt roads that are closed to traffic. The sprint courses may be road or dirt.

Aid Stations: Water will be available at the pool, at the transitions, and at the finish line (all of which are at the pool). There will not be any aid stations on the course. We suggest you carry a water bottle on the bike and on the run.

USAT: All participants are required to have personal medical insurance. These races are not USAT certified and do not require USAT licenses.

T-shirts and Awards will be given only to participants 17 years old and younger. T-shirts will also be available for purchase.

The Races:

- 1) Full Sprint: 500 meter swim, 12 mile bike along Benton Crossing Road, 3 mile run. This is the main course for adults and is a fundraiser for the swim team. Start time 8 a.m. There will be up to 4 waves of 12 people each, so entry is limited to the 1<sup>st</sup> 48 entries. Participants must be able to complete the swim in under 15 minutes. Registration opens at 7 a.m. and closes at 7:30.
- 2) Half Sprint: 250 meter swim, 6 mile bike along Benton Crossing Road, 1.5 mile run. Start time 10 a.m. Adults may enter on a space available basis. Registration opens at 9:00 a.m. and closes at 9:45.

- 3) Full Mini: 200 meter swim, 2 mile bike, 1 mile run. Registration opens at 9:00 a.m. and closes at 10:00 a.m.
- 4) Half Mini: 100 meter swim, 1 mile bike, ½ mile run. Registration opens at 9:00 a.m. and closes at 10:00 a.m.

Cost: Kids: \$10 and Adults: \$25. (High Sierra Tri Club Members :\$10)

Contact us: David Bassler. Please call (760)924-2285 or e-mail: [daveinmammoth@yahoo.com](mailto:daveinmammoth@yahoo.com) with any questions.

If you would like to reserve a spot, please mail a check (payable to: MLST) with participant names/race entering to:

David Bassler

PO Box 3635

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