

ELLSWORTH TRIATHLON

2nd Annual



Put on by: Klaas-Jonas Pool & Fitness Influence

Race Outline

Date: Saturday, June 12th, 2010

Description: ¼ mile, 14 mile bike, 2.5 mile run
(distances are approximate)

Fees:

Individual	\$30.00
Team of 2	\$45.00
Team of 3	\$45.00

Registration Deadline: Bring to the pool by Wednesday, June 9th, 2010
Mail-ins *MUST* be postmarked on Monday, June 7th 2010

Swim: The ¼ mile swim (8 laps) will take place at the Klaas-Jonas Community Pool. The temperature will be in the low to mid 80's and will be guided by lane lines.

Bike: The approximate 11 mile bike is a country course through the back roads of Ellsworth. Exit transition area to Panther Drive, left on Piety Street, right on Main Street continue through East End Ellsworth to HWY 10. Right on 610th Street, right on 450th Street, cross County Road C continue on 450th street and cross 710th. Right on 750th Street to South Street, right on Maple Street, left on High Point Drive to transition area.

No Aid Stations will be on bike course, please bring plenty of water

Run: The approximate 2.5 mile run will exit the transition area and proceed to the south of the middle school. Follow course to finish line.

Transition Areas: The swim will start in the pool with both the bike and the run exiting the transition area. The swim exit is about 200 yards from the transition area. No Spectators Allowed in transition area!

Age Groups: 16-19 / 20-29 / 30-39 / 40-49 / 50-59 / 60+