

**5K—November 6th, 2009**  
**Dick Tomlin's Spirit of Triathlon Nov 7th, 2009**  
**ENTRY FORM - Sprint Triathlon, 5K Fun Run & Kids' Triathlon**

Race entry for: Tri \_\_\_\_\_ Relay \_\_\_\_\_ 5K Fun Run \_\_\_\_\_ Kids' TRI \_\_\_\_\_

Triathlon Registration is limited to the first 300 athlete's - register early!!

**Divisions**

5K 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
 Veteran Retired Person Baby Stroller (with child) Teacher (current or retired) 1st-time 5K entrant

**SPIRIT OF TRIATHLON**

13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
 Relays: (circle one) male female mixed

**KIDS TRIATHLON AGE DIVISIONS:** 5-6, 7-8, 9-10, 11-12

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Gender: Male Female

Address \_\_\_\_\_ Phone Number \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

(PLEASE PRINT CLEARLY, ALL RACE COMMUNICATION WILL BE VIA EMAIL)

USAT MEMBER Y N USAT # \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Shirt Size S M L XL

Age as of DECEMBER 31, 2009 \_\_\_\_\_\  
 (USAT RULES STATE THAT YOU RACE AS OF YOUR AGE ON DECEMBER 31, SEE WEBSITE FOR DETAILS)

ESTIMATED SWIM TIME for 500 YARDS: \_\_\_\_\_

Relay Team Name \_\_\_\_\_ RELAY TEAM DIVISION Male Female Mixed

Team Members Names:

Swim \_\_\_\_\_ Bike \_\_\_\_\_ Run \_\_\_\_\_

Sprint Triathlon	\$60 (add \$10 after Nov 1)	_____
Relays	\$70 (add \$10 after Nov 1)	_____
5K run & walk	\$20 (add \$5 after Nov 1)	_____
Kids' Triathlon	\$10 per child (includes USAT license)	_____

\$10 ONE DAY LICENSE \_\_\_\_\_

Dinner Banquet for athlete is \$5 and guests are \$10 each. \_\_\_\_\_

TOTAL \_\_\_\_\_

Mail to Tucson Racing, Box 417, Loveland, OH, 45140. Checks made out to Spirit of Triathlon.

All athletes must be an annual member of USAT or purchase a one day license. Helmets required. See [www.usatriathlon.org](http://www.usatriathlon.org) for details.