



8th Annual Sandy Beach Triathlon

5:00 PM Start Time

Adult Race starts at conclusion of Youth Event (11-14 yrs old)
Day of Registration & package pick-up to begin at 3:30pm

Date: Friday, August 6th, 2010

Rain Date: Saturday, August 7th, 2010

Location: Sandy Beach, Bantam Lake
East Shore Road, Morris CT



Distance: .5 mile swim / 10 mile bike / 3.1 mile run

Youth Race: 200 yds swim / 3 mile bike / 1 mile run

(please print)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ USAT Member # _____ (deduct \$5.00)

Email: (print) _____

Gender: Female _____ Male _____ Age on Race Day: _____

T-Shirt Size: (Circle One) S M L XL XXL

Fee: \$60.00 per person \$100.00 per team *(checks payable to "Litchfield Parks & Recreation")*
Proceeds to benefit Sandy Beach and Litchfield Hills Rowing Club

Divisions: 15-24 yrs _____ 25-34 _____ 35-44 _____ 45-54 _____ 55-64 _____

Youth Divisions: 11-12yrs _____ 13-14yrs _____

Total Team Ages: 45-119 _____ 120-194 _____ 195+ _____

How to determine team's age, just add the ages of your team together.

Relay Teams: Mixed _____ Female _____ Male _____

Names of Team Member and Event: _____

Swim _____ Bike _____ Run _____

Team Members must submit individual registration form and submit them together as a team

Applications and Payments should be mailed to:

Litchfield Park & Recreation Dept. PO Box 12, Bantam, CT 06759

Call (860) 567-7569 for additional information or check web page: www.lpr.bz

Prior to Racing and when picking up package you will need to sign Release Forms

