SUNRISE TRIATHLON CLUB LLC

is proud to present the

2010 Sunrise Triathlon Series

"Rookie Friendly Event!!"

register online www.Getmeregistered.com

Brought to you by the friendly folks @ Sunrise Triathlon Club

Dates & Distances:				
1)	**May 2, 2010**	**400 yd swim**	**11 mile bike**	**2 mile run**
2)	**May 23, 2010**	**450 yd swim**	**14 mile bike**	**2.5 mile run**
3)	**June 20, 2010**	**450 yd swim**	**15 mile bike**	**3 mile run**

Location: All races will be held at Town South Swim Club—9630 Smitherman Dr, Shreveport, LA—Directions are posted on www.sportspectrumusa.com

Start Times: All races start at 7:30 AM—SHARP!! Each athlete will be seeded by swim time.

Entry Fee:	**Sunrise Members**	**Non—Members**
per race	$35.00	$45.00
All 3	$85.00	$110.00

SPORTSPECTRUM "WE RUN THE SOUTH"

This series will be sanctioned by USA Triathlon. All participants must be licensed annual members or must purchase one day license for $10.00. Become an annual member @ www.usatriathlon.org!

RACE DAY REGISTRATION IS $60.00—NO EXCEPTIONS!
(Race Entry Fees are non-refundable & non-transferable)

Packet Pick-up: Packets can be picked up at Sportspectrum the Saturday before each race from Noon — 5PM. (Limit one race packet per person!)

Awards: Each category depth will be based on number registered. Also a special award will be awarded to Overall Series Winner (Male & Female) - to be eligible for this award you must participant in all 3 races. Categories (Male & Female) - 19-under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

More Info: Visit www.Getmeregistered.com or call Sportspectrum—318-798-1241

Join Sunrise Triathlon Club?? Email—Doug Gotberg, djgberg@aol.com or stop by Sportspectrum, 7607 Youree Drive, Shreveport, LA 71105.

ChampionChip Timed Event by NoLimits

Official 2010 Entry Form

Register Online—www.Getmeregistered.com

Last Name _____ First Name _____ Sex (M/F) _____

Street Address _____ Apt No. _____

City _____ State _____ ZIP Code _____

Date of Birth (MM/DD/YY) __/__/__ Age on 12/31/07 _____ USAT# _____ Phone Number _____

Email Address _____

Please write in your estimated swim time for 400 yds during race _____:_____ minutes (Seed Time)

Individual Entry Sunrise Member	$85.00(All 3)	$35.00	$_____	Race 1	Race 2	Race 3
Individual Entry Non-Member	$110.00(All 3)	$45.00	$_____	Race 1	Race 2	Race 3
Individual Entry Race Day		$60.00	$_____	Race 1	Race 2	Race 3

Total Paid $_____