

SUDDENLINK LAKE NASWORTHY TRIATHLON

SPONSORED BY



SUDDENLINK MEDIA

Sunday, July 13, 2014 7:30 am San Angelo, Texas
300 yard swim / 10 mile bike / 2 mi run

San Angelo Road Lizards

ONLINE REGISTRATION: <http://getmeregistered.com/LakeNasworthyTriathlon>

Other Club Sponsors



T. Dean McInturff, CLU, ChFC, CFP®
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Start/finish location: The swim beach in [Mary E. Lee Park](#). Exit Loop 306 on Knickerbocker, go south on Knickerbocker across the main bridge, and turn right into park just past the bridge.

Course description: 300 yard open water swim, 10 mile bike on paved roads, and 2 mile run on pavement. Run and bike courses will be open to traffic during the event. The swim will take place in Lake Nasworthy at the swim beach.

Race Details: First Wave starts at 7:30, for multiple waves depending on number of participants. Helmets are required at all times when on the bike, including warming up. Will race rain or shine. Race categories and fees listed below, all fees non-refundable unless event is cancelled. Mandatory pre-race meeting 7:15 am on race day at [start/finish location!](#)

Entry fees Pre-Registration by Jul 11: Individuals = \$20, Teams = \$40
Race Day Registration: Individuals = \$25, Teams = \$50
[Free T-Shirt guaranteed to first 100 to register!](#)

Late registration and packet pickup:

NEW! Beat the rush!! Early package pick-up, Sat, 10-3 at **Randy's Bike & Run** on 1717 S. Oakes St (call 325-655-1605 for more info).

Race-day registration begins at 6:15 am-7:15 am morning at the race site.

For more information: Contact Pat Barton, race director, at (325) 245-8884 or email pbarton@mayfieldpaper.com

Award Categories:

- Overall Female and Overall Male
- Top Military Female and Top Military Male
- Top Collegiate Female and Top Collegiate Male
- Age Group awards Female/Male 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60+
- Team awards 1st, 2nd, 3rd overall

**PERFECT
FOR
BEGINNERS!**

Online: <http://getmeregistered.com/LakeNasworthyTriathlon>

Or Mail to: Lake Nasworthy Tri, PO Box 2851, San Angelo Texas 76902
(make checks payable to [San Angelo Road Lizards](#))



First Name: _____ Last Name: _____

Age: _____ Gender: M / F Military: Yes/No College student: Yes/No T-shirt size (if registered by 7/4/14) S / M / L / XL

Address: _____ Phone: _____

Team Name: _____ Email: _____

Please check one of the following category: ☐ Individual ☐ Team || **Have you completed 2 or more triathlons before?** ☐ Yes ☐ No

Emergency contact name: _____ Telephone: _____

Signature of participant _____ (signature of parent if under 18)

NOTE: All participants will be required to sign a Release Waiver before competing in the event.