

TRI and DU IT

For Your Bones



TRIATHLON DUATHLON

July 30, 2017

Medical Lake, WA Waterfront Park

DISTANCES:

Triathlon: 1/2 mi. SWIM, 18 mi. BIKE, 3 mi. RUN

Duathlon: 3 mi. RUN, 18 mi. BIKE, 3 mi. RUN

ONLINE REGISTRATION:

www.signmeup.com/118036

Available until July 24th, 2017. No late fees.

DIVISIONS for Triathlon and Duathlon:

AGE GROUPS Male and Female: (age groups may expand as needed)

18U, 19-29, 30-39, 40-49, 50-59, 60-69, 70-70, 80+

Osteoporosis Individuals:

Female (all ages), Male (all ages)

RELAY TEAMS: All Female, all Male, Mixed teams and

Osteoporosis Teams

(one person must be diagnosed with osteoporosis)

PRICES:

DUATHLON: Individuals \$55.00
Relay Teams \$100.00

TRIATHLON: Individuals \$55.00
Relay Teams \$ 100.00

T SHIRTS: (ala carte) \$15.00

Prices include finisher medals for all participants, swim caps, chip timing, and neutral bike support from the crew from the Bike Hub.

PACKET PICK UP and LATE REGISTRATION:

July 28 (Friday) 12-6:00 pm

BIKE HUB 1403 W. 1st Ave. Spokane

July 29 (Saturday) 12-5:00 pm

Medical Lake, Waterfront Park

No registration or packet pick up on race day. All entrants must sign a waiver at packet pick up.



ENTRY FORM

Male

Female

TRIATHLON

DUATHLON

Individual Age Group \$55.00

Osteoporosis Individual \$55.00

Relay Team Entry \$100.00

Team Name: _____

Circle: Male Female Mixed

Ala Carte T Shirt (not included in entry fee) \$15.00
(per person x 15)

TOTAL FEES: \$ _____

Men's Unisex Size Women's Cut Size

CIRCLE SIZE: XS S M LG XL 2XL 3XL

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

MAIL TO: (make checks payable to Emde Sports)

EMDE SPORTS

P.O. BOX 9688

SPOKANE, WA 99209

Must be postmarked before July 15th, 2017



CLIP HERE