



# July 9, 2017 Valley Girl Triathlon

**START TIME:**  
Sprint Distance 7:45 am

The Annual Valley Girl Triathlon is a perennial favorite for women in the greater Spokane area and beyond. The atmosphere is unmatched, the courses are great and Liberty Lake is just the best!

Thanks to the Liberty Lake Village Homeowners Association, the City of Liberty Lake, Liberty Lake S.C.O.P.E. and all of our great sponsors for making this a top-notch community event.

### Partner and Charitable Information:

We are partnering with Transitions of Spokane. Transitions was founded in 1995 and is a non-profit, Spokane-based organization committed to serving low income women and children in need. The Valley Girl TRI is proud to donate a portion of our proceeds to this amazing, Spokane organization.



Centered around the core values of community, growth/ wholeness, justice and respect for human dignity, Transitions offers four programs--the Womens Drop in Center, Miryams House, Educare and the Transitional Living Center.

Transitions will have a booth set up July 7th & 8th during packet pick up for dropping off donations. See the Transitions website for needed items. Please help other women in our community with your donations.

### AGE GROUPS AND CATEGORIES

#### Sprint Distance

--Individual Age Groups: 18 under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74 and 75+

--Individual Athena (155 lbs +): 39 under AND 40+

--Relay Teams: 119 & under AND 120+ (combined ages of swimmer, cyclist and runner formed with 2 or 3 entrants)

#### HOW TO REGISTER:

Option 1) ONLINE - Go to [www.emdesports.com](http://www.emdesports.com) for the link or go directly to [www.signmeup.com/116699](http://www.signmeup.com/116699)

Option 2) Mail in this registration form with payment to Emde Sports. P.O. Box 9688 - Spokane, WA 99209-9688

#### PACKET PICK UP & LATE REGISTRATION

Friday, July 7th

Fitness Fanatics (12425 E. Trent) Spokane Valley  
12:00 noon til 6:00 pm

Saturday, July 8th

Best Western Peppertree Inn Liberty Lake  
12:00 noon until 5:00 pm

**There is no day of race packet pick up or registration! Please make arrangements in advance.**



## Entry Form

**NO LATE FEES! T SHIRTS ARE OPTIONAL, MUST ENTER BEFORE JUNE 1 TO RECEIVE OPTIONAL T SHIRTS AT PACKET PICK UP.**

**SPRINT DISTANCE:** Online registration closes July 3rd.

- Individual Age Group \$ 75.00
- Athena (39U or 40+) \$ 75.00
- Relay Team (2 or 3 person) \$120.00  
119 Under OR 120+ combined ages  
(no T Shirt included in price, select optional box for T Shirt purchase)

Relay Team Name: \_\_\_\_\_

Combined Ages for swim, bike & run: \_\_\_\_\_

- T Shirt Option (per shirt price) \$ 15.00  
(not included in entry fee, circle size below)

TOTAL DUE: \_\_\_\_\_

Women's Cut T Shirt Size:

(circle one)

XS S M L XL XXL XXXL

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age on Race Day \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Official use only

[www.VALLEYGIRLTRI.com](http://www.VALLEYGIRLTRI.com)

Phone: 509-953-9924 Email: [marla@valleygirltri.com](mailto:marla@valleygirltri.com)



#### HOST HOTEL:

Best Western Peppertree Liberty Lake Inn  
1816 N. Pepper Lane  
Liberty Lake, WA  
[www.peppertreeinns.com](http://www.peppertreeinns.com)  
1-509-755-1111 Toll Free 1-800-274-7750

Mention the Valley Girl TRI for special rates!



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