

jbmountainbikes.com  
***Weekend Warrior***  
**Triathlon, 2 and 4-Person  
Relay**

**Saturday, July 30<sup>th</sup>, 2016  
9:15 A.M.**

Shillington Park in Shillington, Pa. **Rain or Shine!**

**Registration:** Pre-registration entries must be received by July 20<sup>th</sup>.

**Race limits:** Maximum of 60 teams and 100 individuals

**Entry fee:** \$80- 4 person team, \$60 – 2 person team. \$40 - individuals

**Race day check in:** 7:30- 8:30. **Pre-race Meeting:** 8:30am.

**Team Divisions:** Female \* Male \* Coed (2 male and 2 female) \* Masters (All over 40)

\* Family “Three division” (10 and under, 11-14 and open-(15 yrs and older) based on age of youngest member.

**Individuals Divisions:** Overall male and female, 17 and under, 18-29, 30-39, 40-49 and 50 +

**Race Distances: (4 Team members)**

**1<sup>st</sup> Leg:** 2 Mile Road Run.                      **2<sup>nd</sup> Leg:** 6 Mile Mt. bike (**Must be** a Mt. bike- helmet required)

**3<sup>rd</sup> Leg:** 8 Lap Pool Swim.                      **4<sup>th</sup> Leg:** 2 Mile Cross Country Run.

**The goods:** Imprinted race shirt, plus other goodies and free food after the race.

**Awards:** 1<sup>st</sup> place trophies in each individual division. Medals for all team divisions.

\*\*2<sup>nd</sup> and 3<sup>rd</sup> place in each division-based on every five pre-registered in the division.

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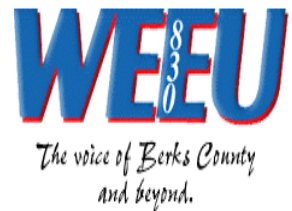
Contact us at [bulrich1@aol.com](mailto:bulrich1@aol.com) or call Breakaway Sports at 610-413-8772.

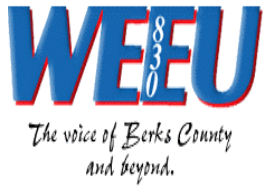
Join our race update email list: Simply send email to [bulrich1@aol.com](mailto:bulrich1@aol.com).



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