

Murray Youth and Family Race Info

Race Date: Monday Sept. 1 @ 8 AM

Murray Youth and Family Triathlon Course Distances

- 7-10 years: 75 yard swim, 2.3 mile bike, 6/10 mile run
- 11+ years: 150 yard swim, 4.5 mile bike, 1 mile run
- Relays include, youth only, adult only, mixed age-group, and family
- Relays race longer distances

Participants

- Race for all ages
- Adults and seniors will race older children's distances
- Age-groups in 5-year increments after 18
- 6-year olds accepted with parental discussion!
- **Helmets required! No racing without a helmet.**

Race Day Information

- **Helmets required! No racing without a helmet.**
- Race begins promptly at 8:00 AM; **adults go first!**
- Race day check-in begins at 6:00 AM
- Swim starts are staggered approximately every 5 seconds (wave schedule will be posted by Aug. 31 at Sunday pre-race meeting)
- Timing by Runner Card
- Participants receive splits and overall time immediately following race
- Medals for all finishers
- Fruit and water provided following race
- Awards for top three in each age group; awards begin approximately ½ hour after **last** finisher
- Online applications (easiest method) at www.mcreg.com
- Or Pick-up applications at Murray Parks and Recreation office or Park Center
- More information and course maps at www.greatbasincoaching.com or call Jo at 801 566-9727
- **REGISTRATION DEADLINE: AUG. 25TH; after that, it's a \$15 late fee!**

Fees

\$25 includes t-shirt and finisher medal

\$40 for all relays

Packet Pick-up: Sunday Aug. 31, 4:30-6 PM or Monday Sept. 1, 6-7:30 AM

Pre-race meeting: 6:15 PM Sunday Aug. 31 or 7:30 AM Monday Sept. 1

T-shirts

All athletes registered by Aug. 25th will receive t-shirts on race day. All others must pick up t-shirt the following week at the parks and recreation office.

NO RACE DAY REGISTRATION. WE WILL REGISTER PEOPLE AS LATE AS SUNDAY PM AT THE PRE-RACE MEETING, BUT THERE WILL BE A LATE FEE OF \$20! PLEASE REGISTER BY Aug. 25.

Learn All About It

Visit www.greatbasincoaching.com for Tri Clinic Information or register for clinics online at www.sportsbaseonline.com.

GBC Youth Tri Clinic

Fri. Aug. 15th-8:15 AM -1:00 PM. \$20 includes “swag bag” and annual USAT license. Meet at 8:15 AM at Pavilion #5 in Murray Park. See general tri and clinic info.

GBC Adult Tri Clinic

Thurs. Aug. 7th and Thurs. Aug. 14th - two-part clinic from 6:30-9:00 PM. \$25 includes “swag bag” and one-day USAT license. Meet at 6:15 PM at Pavilion #5 in Murray Park. See general tri and clinic info.