

## Murray Youth and Family Race Info

**Race Date: Monday Sept. 5 8:00 AM, Transition closes at 7:45**

### **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 the 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. Waves: Adults, Older kids, 5-minute break, Younger Kids 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
- Or Pick-up applications at Murray Parks and Recreation office or Park Center
- More information and course maps at [www.greatbasincoaching.com](http://www.greatbasincoaching.com) or call Jo at 801 566-9727
- **REGISTRATION DEADLINE: Sept. 1; after that it's a \$10 (\$15 for relays) late fee!**

### **Fees**

\$30 includes t-shirt and finisher medal

\$40 for two or 3-person relays

### **Free Family Race Clinic**

**Thursday Aug. 25, 6:00 PM in Transition area next to Woodys Drive In. Must be pre-registered for the race to attend.**

**Packet Pick-up: Sunday Sept. 4, 4:30-6 PM or Monday Sept. 5, 6-7:30 AM**

**Pre-race meeting: 6:15 PM Sunday Sept. 5 or 7:30 AM Monday Sept. 5**

### **T-shirts**

**All athletes registered by Aug. 30 will receive t-shirts on race day. All others may need to pick up t-shirt the following week at the parks and recreation office.**

***NO RACE DAY REGISTRATION.***