

**Date: Saturday, August 9th**

**Time: 8:30 a.m. Transition/  
Race Clinic—Race at 9:45 a.m.**

# 2nd Annual PIC Super Sprint Triathlon

## Chastain Park

Corner of W. Wieuca and Pool  
Road near the tennis courts



**Super Sprint — 250 Yard Swim,  
5.3 Mile Bike, 1.5 Mile Run**

We begin the morning with a Transition/Race Day Clinic at 8:30 a.m. All aspects of race day will be discussed, including ways to execute a super fast transition time!

## Awards and Post Race Pool Party!!

**AWARDS:** Prizes awarded for Top Female, Top Male, Top Female Master (40 and over) and Top Male Master (40 and over). Everyone, including volunteers, will receive a goodie bag. Times will be posted on the Yahoo Group within one week.

**POST RACE POOL PARTY!!** Another great reason to race or volunteer—after the event, everyone is invited to Mari's condo for a pool party. We have the clubhouse reserved so if you want to take a break from the heat, you will have a place to chill. The club's providing beer, burgers and brats. Please bring a side dish or dessert to share.

After the clinic, we will have packet pick-up, body marking and transition set-up.

The event is scheduled to start at 9:45am. At that time, everyone will head over to the pool to start the swim. Swimmers will line up in order of their race number. Race numbers will be determined by estimated 100-yard swim times with faster swimmers in the front and slower swimmers in the back.

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## SWIM

Swim Course is 250 yards (10 laps of 25 yards), Zig zagging across the lanes at Chastain Pool. The swim will be a time trial start with 5 seconds between each racer.



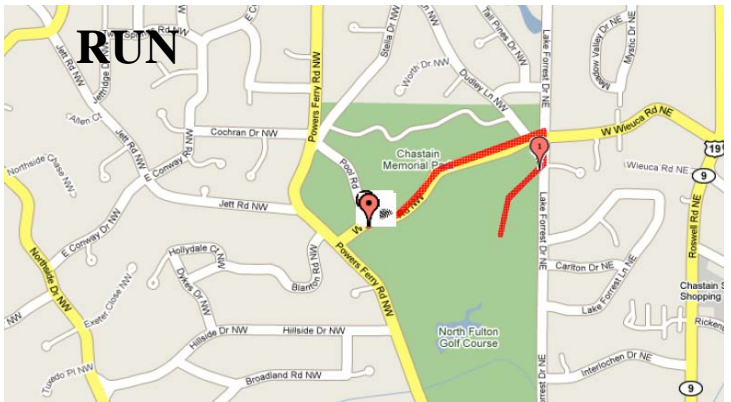
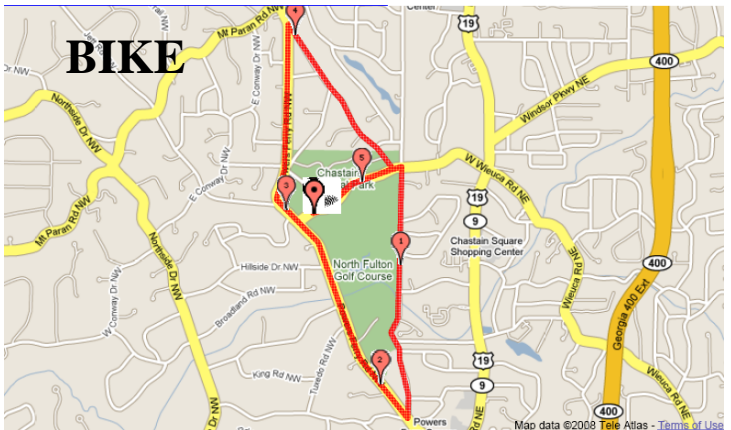
## BIKE

The bike course consists of 5.3 miles of rolling hills around Chastain Park and the surrounding residential areas. Be sure to obey all traffic laws. All roads will be open to the public. There will be chalk at every turn and volunteers at the tricky turns.



## RUN

The run Course is a 1.5 mile out and back course on the sidewalk around the park, ball fields and on the PATH. You must receive your lei at the turnaround and wear to cross the finish line.



We need everyone to register by Friday, August 1st in order to be sure we have enough of everything for everyone! You can register by emailing Mari ([trimarifri@gmail.com](mailto:trimarifri@gmail.com)) with the subject line, "Register Me" and include your estimated 100-yard swim time.

Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Estimated 100 Yard Swimming Time: \_\_\_\_\_

Email to [trimarifri@gmail.com](mailto:trimarifri@gmail.com) or send via snail mail to: Mari Fridenmaker, P.O. Box 13626, Atlanta, GA 30324