

# Burnet TRI-Hard Challenge Triathlon

**Sunday, Sept. 19, 2010**  
**Inks Lake State Park**  
**Burnet, TX**

**8 a.m.**

## **COURSE**

Swim -- 800 meters in open water in Inks Lake, parallel to the shore. It is an out and back course around a buoy. We have a wading start with usually five waves about 80 to 100 per wave. Waves are five minutes apart. We have spotters on land and kayaks in the water to assist swimmers. Swim caps designate wave starts. Water is always above 80 degrees and NO wetsuits are permitted.

Bike -- Bike is out and back on a park road, 18 miles total. The first four miles or so is curvy, with slight hills, nothing tremendous. This is open road, you must obey laws and watch for traffic. We do have law enforcement at key intersections. Support vehicles patrol course.

Run -- 5K totally within the park boundaries. Course is a little up and down, but again, no major hills. The first mile is on one side of the transition area, the next two miles are on the other side of the transition area, so you do backtrack for part of the course.

## **TRANSFERS/REFUNDS**

We will not allow you to transfer your entry to someone else. There are a number of reasons for this, but suffice it to say that if you are registered, then only you can participate. We will give refunds, but since this is a charity event and a limited field, we will not give a refund after Sept. 1.

## **USAT Sanctioned**

**Chip Timed**

**No Same Day Registrations Accepted**

**To register on-line go to [www.signmeupsports.com](http://www.signmeupsports.com)**

**Burnet TRI-Hard Challenge Triathlon - Sept. 19, 2010 Inks Lake State Park in Burnet**

800 Meter Swim \* 18 Mile Bike \* 5K

**Make check payable to Old Burnet Community Center, P.O. Box 715, Burnet, TX 78611**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

USAT # \_\_\_\_\_ Chip #: \_\_\_\_\_

Sex \_\_\_\_ Age (in 2010) \_\_\_\_ Individual\_\_\_\_ Clydesdale/Athena\_\_\_\_\_

Relay - Male \_\_\_\_ Female \_\_\_\_ Mixed \_\_\_\_

Shirt Size  
Circle One XXL XL L M S

Team Name \_\_\_\_\_

### **INDIVIDUAL FEES**

\$60

### **RELAY TEAMS**

\$165

If you are not a USAT member you will be required to purchase a one-day license at packet pickup. Each relay team member must have a form.