

20th Annual Macon Triathlon to Benefit the Georgia Industrial Children's Home

½ Mile Swim • 20 Mile Bike • 3.1 Mile Run

Memorial Day • May 29, 2006

www.MaconTriathlon.com

PLACE: Lake Tobesofkee, Sandy Beach, Macon GA I-75 to I-475 Exit Thomaston Rd, go west. Go through 1st traffic light & take the next left onto Mosley Dixon Rd. After several miles look for balloons & signs. Detailed map at www.MaconTriathlon.com

TIME: Event begins at 8 AM SHARP! Please plan ahead and arrive early! We cannot hold the start for late arrivals.

REGISTRATION: PLEASE REGISTER EARLY, WE ARE LIMITING PARTICIPATION TO 300 PEOPLE.

Register Online at www.MaconTriathlon.com >>>LIMITED<<< Race Day Registration. You may also register the night before at the GA Industrial Children's Home.

SCHEDULE OF EVENTS: Sunday, May 28th - 6 to 8 PM – Sign up and packet pickup at 4690 N. Mumford Road Macon, Georgia 31210 , (478)-474-8220 (or 6:30 AM to 7:30 AM ONLY race day).

Monday, May 29th - 6:30 AM to 7:30 AM ONLY: Pickup Race Packet and Get Numbered. Event start at 8 AM SHARP!!! Post Race - FOOD, FUN & AWARDS

AWARDS: T-Shirt for all participants, Awards to top 3 finishers in each AGE GROUP, OVERALL - male & female, Master male & female.

AGE GROUPS: Men & Women - Triathlon: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+

ENTRY FEES: >>>Non-refundable<<< Individuals - \$50.00 Teams - \$ 110.00 **tax deductible.**

MAKE CHECKS PAYABLE TO: Georgia Industrial Children's Home. Send to 4690 N. Mumford Road Macon, Georgia 31210 . Questions? (478)-474-8220, www.MaconTriathlon.com to register online.

COURSE: Good for Beginner (1st timer) to Advanced! Great warm-up for ½ Ironman!

SAFETY & RULES: HELMETS are MANDATORY. Follow all traffic laws. No drafting, wet suits OK.

RESULTS POSTED: www.MaconTriathlon.com

Name				Age		Sex	
Address				City, ST		Zip	
Phone				Email			
If a Team	Swimmer:	Age:	Sex:	Email:			
	Runner:	Age:	Sex:	Email:			
	Biker:	Age:	Sex:	Email:			
Entry Fee	\$				make check payable to Georgia Industrial Children's Home		
In consideration of acceptance of this entry into the Georgia Industrial Children's Home Triathlon, I hereby waive any and all claims for myself and my heirs against officials or sponsors of the Georgia Industrial Children's Home for injuries or illnesses which my directly or indirectly result from my participation in said event. I further state that I am in proper physical condition to participate in these events.							
If participant is under 18 years old a parent must sign below							
Signature				Parent Signature	Date		
Date							