

## Russell Sims Aquatic Center & Preston S. Miller Park

<http://www.bgky.org/bgpr/aquatics.php>

**Driving Directions:** From Nashville, take I-65 north to the Natcher Parkway (exit 20). Take second exit (exit 5) left onto Russellville Rd. (68/80). Turn right onto Russellville Rd. (68E/80E). Turn left onto KY 880 (Veterans Memorial). Park entrance is on the left off Tomblinson Way.

From Louisville, take I-65 south to the Natcher Parkway (exit 20). Take second exit (exit 5) left onto Russellville Rd. (68/80). Turn right onto Russellville Rd. (68E/80E). Turn left onto KY 880 (Veterans Memorial). Park entrance is on the left off Tomblinson Way.

### MORE INFORMATION

For bike and run course maps, amenities, and more information, go to:

<http://www.geocities.com/gbgtriathlon/gbgtriclub.html>



## Greater Bowling Green Triathlon Club

### Sprint Triathlon



400m Swim



23k Bike



5k Run

**SUNDAY**

**September 3, 2006**

**Russell Sims Aquatic Center  
2302 Tomblinson Way  
Bowling Green, KY**

**Many thanks to our  
sponsors !!!**

**Thank You!**

# GBG Sprint Triathlon

## RACE DETAILS

•**Swim 400 meters-** A 400 meter pool swim in the Russell Sims Aquatic Center's 50 meter pool. No wetsuits allowed. Swimmers will be started every 5 seconds. Indicate estimated swim time on application.

•**Bike 23k-** The 23k loop bike course takes you on rolling roads in Bowling Green & Warren county. Brace yourself for a very challenging hill within the first five miles. An aid station will be located on the bike course (after the challenging climb). No drafting allowed.

•**Run 5k-** The 5k run course takes you through the relatively flat neighborhood next to Russell Sims Aquatic Center and around the Preston S. Miller Park. Aid stations will be placed every mile.

•**Check-in-** Race day packet pickup will be available from 6:30 to 7:30 am race day morning. A pre-race meeting will be held at 7:30 am on race day. **PICTURE ID REQUIRED (USAT members must show USAT membership card on race day).**

## USAT INFORMATION

•**USAT Sanctioning-** The Greater Bowling Green Sprint Triathlon will be officially sanctioned by USAT.

•**USA Triathlon License-** All participants **MUST** have an annual or one-day USAT license. Those that do not hold an annual USAT license **MUST** purchase a \$9 single-event license & sign a USAT waiver. Annual members **MUST** show USAT membership card at packet pickup. **PICTURE ID REQUIRED.** Annual USAT licenses are available for \$30 at [www.usatriathlon.org](http://www.usatriathlon.org). **NO ANNUAL LICENSE PURCHASES WILL BE AVAILABLE AT CHECK-IN.**

## REFUND POLICY

•**No Refunds.** You may transfer your entry to the 2007 Greater Bowling Green Sprint Triathlon. Entries may not be transferred or sold to another person. There will be a \$20 transfer fee deducted. Transfers must be requested by August 18, 2006 by e-mail to [gbgtriathlon@yahoo.com](mailto:gbgtriathlon@yahoo.com)

## REGISTRATION

Register on-line at [www.Active.com](http://www.Active.com) or download the registration form at [www.geocities.com/gbgtriathlon/gbgtriclub.html](http://www.geocities.com/gbgtriathlon/gbgtriclub.html)

\*There will be a small additional fee when registering through Active.com

## ENTRY FEES

### Before August 18, 2006

Individual USAT member- \$30  
Individual USAT non-member- \$39  
Relays- \$50 (all non-USAT relay members will have to pay the \$9 single-event license)

### After August 18, 2006

Individual USAT member- \$40  
Individual USAT non-member- \$49  
Relays- \$65 (all non-USAT relay members will have to pay the \$9 single-event license)



## AWARDS

Awards for top 3 overall (male & female); top 3 age group (male & female); top relays (male, female, & mixed)