

WOMEN'S TRIATHLON

Just For Women

As the name suggests, only women are allowed to participate. The goal of the race is to introduce women to the fun of triathlons. "Non-competitive" is an important theme for this event, this means times and awards will not be a part of this event. We invite participants of all ability levels and ages. If you are one of those fitness oriented folks, take it as a personal challenge (and challenge a friend to do it with you). Come try the sport!

This event is now more than a fitness event. This event helps women's athletics. The UNOmaha Women's Swimming and Diving Team were Conference Champions last season and placed nationally in the Top Ten (for the sixth year in a row). All profits will go to the UNOmaha Women's Swimming and Diving team. Specifically, generated funds will go directly to assist with travel during the 2006-2007 season.

WHEN & WHERE

Race Day: Saturday, August 26, 2006

Check-in begins at 7:30 am

First Group will start at 8:00 am

Course is in Candlewood Subdivision (see map on back)

Please park on side streets off of Burt St. & Rose Ln. or park in Hy-Vee parking lot.

Check-in and Start is at the park located at 125th and Burt

SPONSORS

We appreciate the sponsors assistance and hope you consider their services in the future.

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UNOmaha Swim & Dive Team

Methodist Hospital

T-SHIRTS

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Of the \$15 entry fee, \$11 covers expenses (t-shirt, copies, mailings, insurance) and \$4 goes to the team. Additional T-shirts may be purchased at \$8 each. Those entries postmarked by August 14 can pick-up their T-shirt at race check-in. Participants who sign-up after August 14 must pay \$25 and will have T-shirts mailed to them.

<p style="text-align: center;">▼</p> <h2 style="text-align: center;">DISTANCES</h2> <p>100 yard Swim 4.4 mile Bike 2.2 mile Walk/ Run</p>	<p style="text-align: center;">▼</p> <h2 style="text-align: center;">ENTRY FEE</h2> <p>Entry fee is \$15.00. No refunds. <u>Check payable to <i>Mav Women Club.</i></u> Entries must be postmarked by August 14. Late and race day registration is \$25. Mail the entry to: UNO Swim Team, 6001 Dodge, Omaha, NE 68182 (Call swim team for more info. 554-2346.)</p>
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▼ COURSE DESCRIPTION

Swim

The swim (100 yards) is a triangle course. Do it any way you desire. Wet suits allowed. Kick boards allowed. Pull buoys allowed. Life jackets allowed. This is a lake swim . . . whatever is needed for you to complete the swim is permitted. Small heats will be formed to allow for a liberating swim experience.

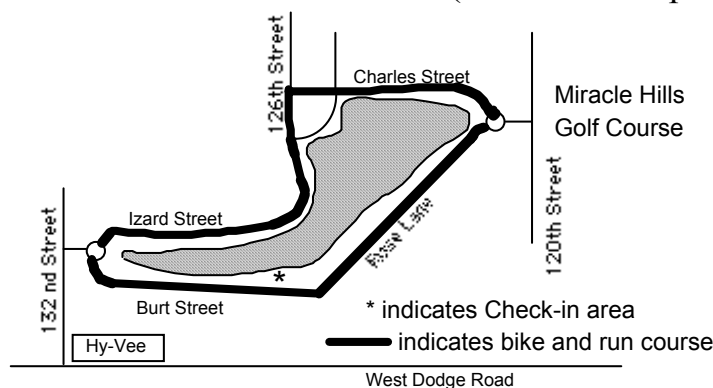
Bike

The bike (4.4 miles) will be on the road encompassing Lake Candlewood. This segment will be finished when **two loops** have been completed. Use any type of bike desired, just make sure you wear a bike helmet during the entire ride. Yes, bike helmets are required!

Walk/ Run

The walk/ run (2.2 miles) will be on the sidewalks encompassing Lake Candlewood, one loop around the course and you have finished the event. After completing the event some refreshments will be available so you can enjoy the morning with fellow participants and cheer those still on the course.

▼ THE COURSE MAP (Please do not park on Race Course.)



▼ SPECIAL CONSIDERATIONS

1. If you desire to be in a group, then mail all registrations together in one envelope.
2. Heat order will be determined by receipt date of registration form, ie. 1st received 1st swim.

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