

The Greater Knoxville Triathlon Club and DELTA DELTA DELTA Sorority Present the first leg of the 2004

## *MasterCraft Race Series - The 19<sup>th</sup> Annual*

### **TRIDELTATHON** Sunday, April 25, 2004 - 8:00AM

**Description:** A sprint distance triathlon, consisting of a 400 meter swim at the UT Student Aquatic Center, a 6-mile bike loop on campus and on Neyland Drive, and a 3-mile run on the UT campus **benefiting East Tennessee Children's Hospital.**

- **ChampionChip Timing:** Timing Chips will be distributed on race morning and returned upon finishing the race. Timing chip is attached to either ankle via the Velcro strap. Timing splits and finish times will be recorded as you cross the timing mats. **There is a \$30 charge for not returning your timing chip and Velcro strap.**
- **Swim Leg:** Individual "Time Trial Start" approx. each 3 seconds based on time (fastest first). Each person is to step into the pool in lane one and swim the length of the pool, duck under the lane lines and swim lane two and so on until you have completed 8 lengths of the pool. You may stop and rest, but all forward progress must be made by swimming. Exit the pool by the stairs that will be on your right. Exit pool area via door and proceed to bike.
- **Bike Leg:** You are responsible for having a bicycle in good mechanical order. Bike racks are on a first come basis **except Relays. NO RIDING BIKES IN THE TRANSITION AREA.** Your bicycle and any equipment during the race should be left in your space. **Hard shell helmets are required at ALL times - even during warm-up! Caution:** The bike course contains railroad tracks. **Be extremely careful.** Course is open to traffic. Please use caution at all intersections. Relay bikes will be in a separate area near the swim exit. Do not rack relay bikes. **Please review bike course maps prior to the race.**
- **Run Leg:** No headphones, pets, strollers, skates, or skateboards of any kind allowed on the course.

**Registration:** Limited to the first 400 entries. The **Entry Fee is \$35** for entries received by **April 17<sup>th</sup> -GKTC members \$30 <17<sup>th</sup>. Late fee is \$40.** Entry fee for **Relay Teams is \$50** before **April 17<sup>th</sup> -GKTC members \$40 <17<sup>th</sup>. Late fee \$65.** Relay Teams should send three forms together, including three signed waivers. Fraternity or sorority relay teams should indicate Greek affiliation on entry forms. Registration available also on **ACTIVE.COM**. Race Packet Pick-Up and Day-of-Race Registration: UT Student Aquatic Center, Saturday, April 24<sup>th</sup>, 3:00 p.m. - 6:00 p.m. Race Day, April 25, 6:30 a.m. - 7:30 a.m. T-shirts, water bottles & "MasterCraft Race Series" item to all competitors. More info: [WWW.KNOXTRI.COM](http://WWW.KNOXTRI.COM) or call **675-BIKE option 3.**

**Parking:** Parking for race participants will be available in the parking garage on Volunteer Blvd. between Caledonia and Andy Holt Ave. or in the lot west of Stokely Athletic Center at Pat Head-Summit and Volunteer. Watch your roof racks!

**Age Groups and Awards:** Overall awards for the top three male and female finishers & top male and female masters. Age group awards for first, second, and third place in the following M & F age groups: 10-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45- 49, 50-55, 55-59, 60 and over & top 3 Clydesdale & Athena. Open Relay Division: Male, Female, and Co-ed. Fraternity/Sorority Relay Division. The awards ceremony will be held at approximately 11:00 a.m. Food and drink will be available during wait.

**Make checks to: GKTC, and mail to- TRIDELTATHON c/o GKTC, POB 30246, Knoxville, TN 37950**

**WAIVER and ENTRY FORM:** In consideration of the acceptance of this entry, I waive myself, my heirs, my executors, and administrators, any and all rights and all claims for damages I may have against any and all race sponsors, the Greater Knoxville Triathlon Club, Delta Delta Delta Sorority, The University of Tennessee, City of Knoxville, any of their employees, representatives, or agents and any other persons for injury or illness which may be directly or indirectly result from my participation in the 2003 Trideltathon. I state that I am in proper physical condition to participate in this event, familiar with the course, and will use a bicycle in good operation form with which I am familiar.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Race # \_\_\_\_\_ (assigned by race officials)

Mailing Address: \_\_\_\_\_ Sex: M / F Clyds / Athen **T-Shirt Size: S M L XL**

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Circle if Relay: M / F / Co-ed Greek: Fraternity / Sorority

Age on Day of Race: \_\_\_\_\_ (Min. Age 10) Phone: \_\_\_\_\_ **Est. 400 meter Swim Time- \_\_\_\_\_ -REQUIRED**

Signature of Contestant \_\_\_\_\_

Signature of Guardian (if under 18) \_\_\_\_\_

NOTE: In addition to the parental consent required on the registration form, a parent or legal guardian must accompany each competitor under the age of 18 to the race packet pick-up and will be required to sign an additional waiver form at that time. Without this additional consent, competitors 17 and under will not be permitted to participate in this race.

**Donations will be added to totals raised by DELTA DELTA DELTA Sorority: \$ \_\_\_\_\_**

***THANK YOU FOR YOUR SUPPORT OF EAST TENNESSEE  
CHILDREN'S HOSPITAL***