

# TRI and DU IT For Your Bones



## July 30 - Sunday

# TRIATHLON DUATHLON For Your Bones!

# 2017

Medical Lake, WA Waterfront Park

### ONLINE REGISTRATION:

[www.signmeup.com/118036](http://www.signmeup.com/118036)

Available until July 24th, 2017

No late fees.

Mail In Entries must be postmarked by July 15th.

### PACKET PICK UP and LATE REGISTRATION:

July 28 (Friday) 12-6:00 pm

BIKE HUB 1403 W. 1st Ave. Spokane

July 29 (Saturday) 12-5:00 pm

Medical Lake, Waterfront Park

No registration or packet pick up on race day. All entrants must sign a waiver at packet pick up.

### PRICES:

**DUATHLON:** Individuals \$55.00  
Relay Teams \$100.00

**TRIATHLON:** Individuals \$55.00  
Relay Teams \$100.00

**T SHIRTS:** (ala carte) \$15.00  
Prices include finisher medals for all participants, swim caps, chip timing, and neutral bike support from the crew from the Bike Hub.

### DIVISIONS for Triathlon and Duathlon:

**AGE GROUPS Male and Female:** (age groups may expand as needed)

18U, 19-29, 30-39, 40-49, 50-59, 60-69, 70-70, 80+

**Osteoporosis Individuals:**

Female (all ages), Male (all ages)

**RELAY TEAMS:** All Female, all Male, Mixed teams and Osteoporosis Teams

(one person must be diagnosed with osteoporosis)

### DISTANCES:

**Triathlon:** 1/2 mi. SWIM, 18 mi. BIKE, 3 mi. RUN

**Duathlon:** 3 mi. RUN, 18 mi. BIKE, 3 mi. RUN

### START TIMES:

**DUATHLON:** 8:00 am WOMEN AND MEN

**TRIATHLON:** 8:10 am MEN

8:20 am WOMEN

All participants must arrive to the venue by 7:30 am on race day. Don't forget your helmet and timing chip!

### AWARDS:

#### TRIATHLON AND DUATHLON

- Overall Female and Males in triathlon and duathlon
- Age Group awards will be medals for top 5
- Osteoporosis Men and Women top 5
- Relay Team awards will be medals for top 3



**SUPPORTING THE MEDICAL LAKE FOOD BANK**  
Don't forget to bring your donations to packet pick-up or to the venue on race day.



*Our new format for women and men. Continuing our bone health weekend and supporting the screening and education efforts of the Washington Osteoporosis Coalition (WOC) and Spokane Osteoporosis.*