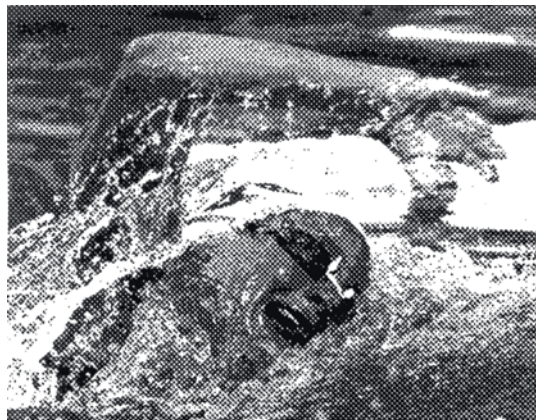


LOMPOC PARKS, RECREATION AND URBAN FORESTRY PRESENT

LOMPOC SPRINT TRIATHLON

SATURDAY JULY 18, 2009



DISCRIPTION & DISTANCES

Swim: 500 yards: 20 lengths of a 10-lane 25-yard indoor pool. The Four fastest swim times entered (individual or relay) will occupy lane 1. Lane 2 the next Four fastest swimmers, etc. Heat 1 starts at 8:00 am. Heat start times: Heat-1, 8:00; Heat-2, 8:15; Heat-3, 8:35; Heat-4, 8:55.

Bike: 11 miles: this course is a single loop. The course is not closed to traffic. A pace vehicle will guide the lead cyclist, for each heat, through the course. All individual triathletes will be provided a numbered spot on the bike rack. Mile markers at each mile.

Run: 3.1 miles: the course is flat. Water will be available on the course. Mile markers at each mile. The run will end at the Lompoc Aquatic Center.



Early Registration Fees:

\$40 ~ Road Bikes
\$40 ~ Mountain Bikes
\$75 ~ Relay

Registrations received or postmarked after July 10, 2009 will be \$5.00 more for individuals, and \$10 more for relays. **NO DAY OF RACE.**

CATEGORIES & AWARDS

Top 3 overall: male & female

Mt bike: 2 deep 14-19, 20-29, 30-39, 40-49, 50-59, 60-plus

Relays: 2 deep - co-ed, Male, Female, Family, Buisness, Military

Road Bike: 3 deep male & female: 14-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-plus

Clydesdale (200 lb+)
Athena (150 lb+)



FOR MORE INFORMATION AND TO REQUEST AN OFFICIAL ENTRY FORM

CONTACT JEFF STORIE 805-875-2703 OR EMAIL J_STORIE@CI.LOMPOC.CA.US

http://www.cityoflompop.com/departments/parks_rec/

NEW

Training events for the tri

Whether you are training for your first triathlon or are looking for ideas and people to train with the aquatic center is offering two top lead up clinics leading to the 3rd annual Lompoc Triathlon.

Saturday, June 6 Swim Clinic,
June 20 Bike and ride clinic.
Time: 8:30 AM – 9:00 AM.
Fee: \$10.00 per person.



3rd
annual
Junior Tri
July 18th
11am.
Call
875-8100
for more

Rules: No support crews or pace vehicles on the course. Helmets must be worn and fastened when riding. Cyclists: **NO DRAFTING** (2 bike lengths/15 second rule). No personal electronics at anytime during your participation. Mt. bike tires must be 1.9" or greater. You must obey all instruction given by race, city and county officials. *T-Shirts:* all participants will receive a t-shirt, and more. *Results:* will be available on the city of Lompoc web site. *Confirmation:* postcards will be sent on July 15th, and will include lane and heat assignments and start time. *Merchandise Drawing:* all participants present are eligible. *Registration:* entries must be postmarked or in the race director's hand by noon Friday, July 10st. Entries received or postmarked after July 10th will be \$5.00 more for individuals, and \$10 more for relays. We may not be able to accommodate you with the appropriate swim assignment. *Packet Pick-up:* Friday July 17th, 6:30 pm-8pm, at the Lompoc Aquatic Center, or race day, beginning at 6:30 am. Packets include detailed information. Please arrive 50 minutes prior to your swim start for check-in and body marking.

Waiver: READ CAREFULLY BEFORE SIGNING

I hereby acknowledge that participation in the 2009 Lompoc Triathlon competition carries with it potential hazards. I am aware the vehicular traffic and pedestrians will be using the same roadways as I during the race. An accident could cause injury or death. In consideration of the acceptance of this entry, I the undersigned participant, intending to be legally bound, do hereby for myself, my heirs, executors, administrators or assign, waive, release, and forever discharge any and all rights and claims I may have against the City of Lompoc, and any and all sponsors, promoters, and/or their officers, agents, representatives, or assigns, of all liabilities, claims, actions, damages, costs or injuries that may be suffered by me before, during, or after the event. I understand that this waiver includes any claims based on negligence, action, or inaction of any of the above parties. I recognize the difficulties of this event and attest that I am sufficiently physically fit to compete safely in this triathlon and that I have not been advised other wise by a qualified medical person. In the event of the need of medical attention, I authorize the triathlon official to use their discretion to have me transported to a medical facility and administer medical aid and take full responsibility for such action. I agree to allow my photo, video, film likeness and name to be used for promotion or legitimate purpose by this race, event producer and/or sponsors. I have read and understand the rules and regulations of the City of Lompoc Triathlon.

Name	Last	First									T-Shirt	S
Address												M
City					State		Zip					L
Phone					Age on 7/18/2009					M		F
Signature	_____										email	_____

500 yard swim time **MIN** **SEC**

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Name	Last	First									T-Shirt	S
Address												M
City					State		Zip					L
Phone					Age on 7/18/2009					M		F
Signature	_____										email	_____

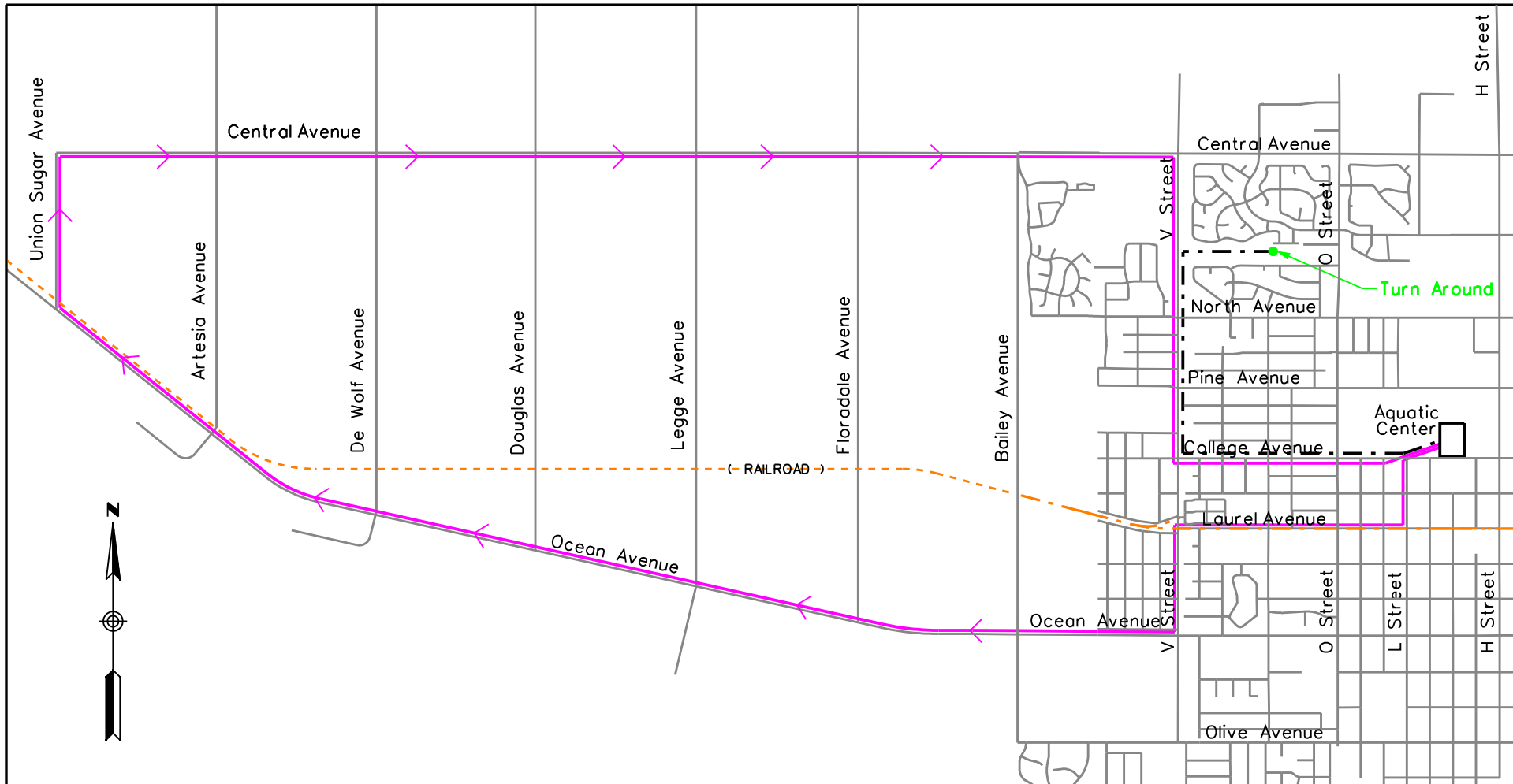
Name	Last	First									T-Shirt	S
Address												M
City					State		Zip					L
Phone					Age on 7/18/2009					M		F
Signature	_____										email	_____

\$40 - Road Bike		\$75 - Relay		\$40 - Mt. Bike		\$40	
14-16		Co-ed		14-19		Clydesdale (200+ lb)	
17-19		Male		20-29		Athena (150+ lb)	
20-24		Female		30-39			
25-29		Family		40-49			
30-34		Business		50-59			
35-39		Military		60 +			
40-44							
45-49							
50-54							
55-59							
60-69							
70+							

Question's, contact Jeff Storie 805-875-2703 or email j_storie@ci.lompoc.ca.us
Send check & entry to: Lompoc Triathlon 125 West Walnut, Lompoc, CA 93436

Course, Age Group & Division Records			
COURSE	Tyler Storie	53.33	Pauline Schneekloth 1.05.27
	Road		
14-16	Malachi Marquet	No Time	Nikki Peirtsegale 1.06.31
17-19	Zack Cambell	1.01.13	Kerry Virgjen 1.07.34
20-24	Tyler Storie	53.33	Danilu Ramirez 1.12.42
25-29	Michael Dunn	59.07	Sarah Mandes 1.07.30
30-34	Jeff Tigert	56.40	Elizabeth Hawes 1.06.39
35-39	Monte Mitchell	1.04.34	Robyn Greek 1.19.20
40-44	Greg Eisen	1.03.09	Pam Storie 1.07.32
45-49	Craig Adams	1.05.09	Catherine Hennelly 1.07.39
50-54	Rick Hummel	1.02.36	Pauline Schneekloth 1.05.27
55-59	Jesse Leyva	1.23.35	Janice Maggiore 1.21.12
70+	Ed Travis	1.17.34	
	Clydesdale		Athena
	Brian Wallace	1.06.15	Judy Taggart 1.22.42

Mt Bike			
14-19	Patrick Casarez	1.25.33	Danielle Kirchmeyer 1.16.11
20-29	Ryan Newman	1.23.04	Joslin Demartini 1.24.17
30-39	Daryll Mowrey	1.14.48	Rebecca Sais 1.27.10
40-49	Ian Vorster	1.16.11	Betty Lee 1.11.30
50-59			Sarah Leck 1.20.59
60+			Patty Landis 1.48.55
	Male	Relay	Female
	Byron Mickowicz	52.28	Mary Lou Seelandt 1.08.44
	Scott Coe	52.58	Katie Adelman 1.08.44
	Michael Coe	52.58	Fran Bolucher 1.08.44
	Co-Ed		Family
	Danielle Gill	58.59	Arthur Robertson 1.19.42
	Mark Belrose	58.59	Annabelle Robertson 1.19.42
	Ashley Fabing	58.59	Mark Robertson 1.19.42
	Buisness		
	Maria Hall	Jim Hall	Mila Good 1.55.44
	Hall Chiropractic		



← BIKE COURSE - 11 MILES →

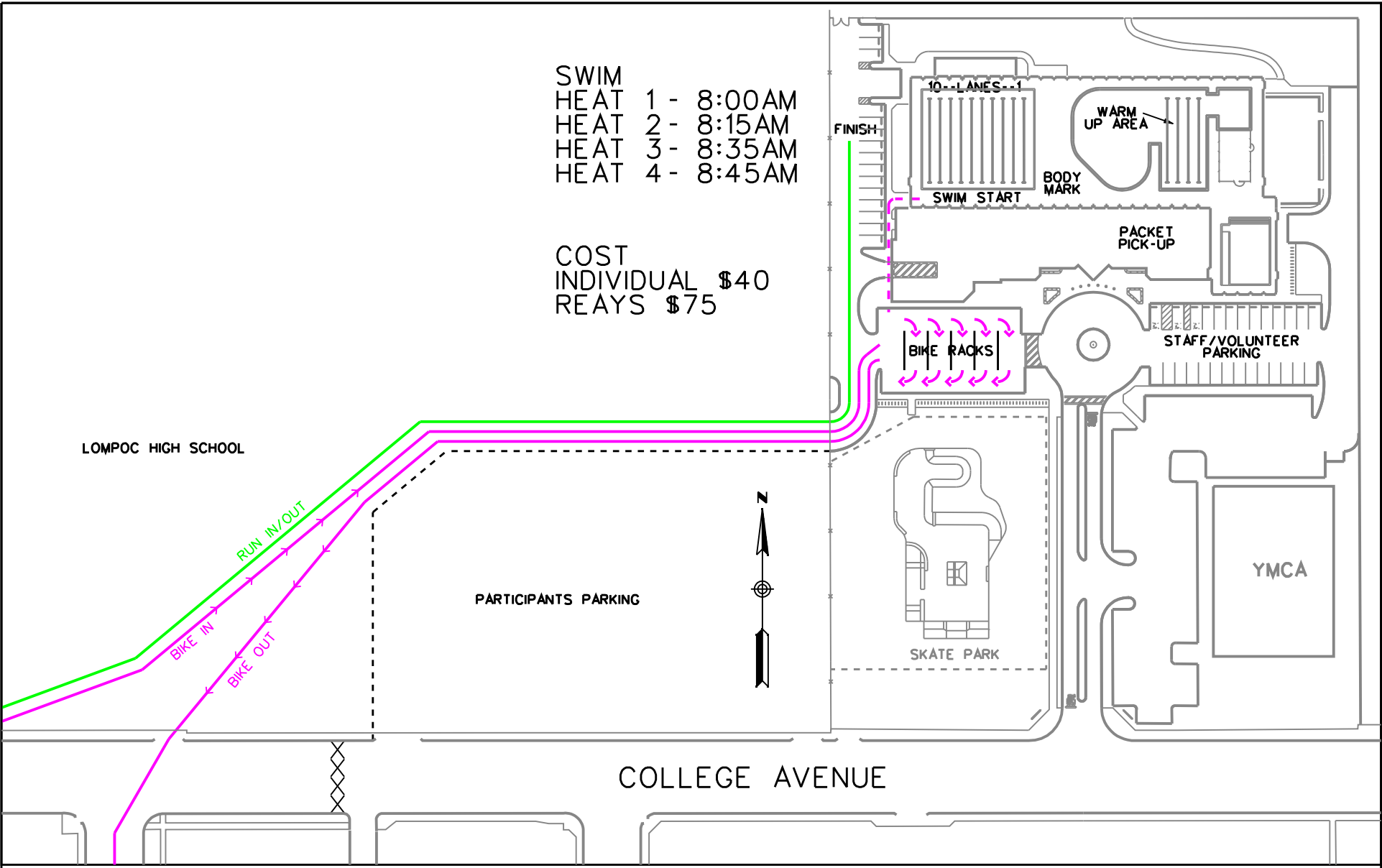
--- RUN COURSE (Two-Way) 3.1 MILES TOTAL ---

LOMPOC PARKS AND URBAN FORESTRY
PRESENTS

2009 LOMPOC
SPRINT TRIATHLON

SWIM
 HEAT 1 - 8:00AM
 HEAT 2 - 8:15AM
 HEAT 3 - 8:35AM
 HEAT 4 - 8:45AM

COST
 INDIVIDUAL \$40
 REAYS \$75



LOMPOC PARKS AND URBAN FORESTRY
 2009 LOMPOC SPRINT TRIATHLON
 AQUATIC CENTER - 207 WEST COLLEGE AVENUE