

# *Fawn Lake* Triathlon 2010

## Coarse description

### Q and A

**Sprint:** This event is open to all ages. Relay teams are allowed. We begin with a 700 meter swim in Fawn Lake followed by a 12 mile bike and finishing with a 5k run. The run and bike are done on blacktop; road and golf path.

**Super Sprint:** This event is open to ages 14 and under. We begin with a 5 length swim in a 25 meter pool (125 meters all together) followed by a 6 mile bike and finishing with a 1.5 mile run. The run and bike are done on blacktop; road and golf path.

**Payment:** All payments are received online with a credit card. Registration ends Sunday, August 22<sup>nd</sup> at midnight. Race day packets must be picked up at the Fawn Lake Real Estate Office located just inside the gate on either Friday, August 27<sup>th</sup> between 3:00pm and 6:30pm or Saturday, August 28<sup>th</sup> between 8:00am and 12 noon. Please contact Kristyn Henkel at [kristynhenkel@msn.com](mailto:kristynhenkel@msn.com) or by phone at 540-661-7856 if special arrangements need to be made. There are NO REFUNDS.

**Event Schedule:** The Sprint will begin at 8am sharp, men entering the water first followed by the women and relay team swimmers. Winners will be announced and ribbons distributed once the last Sprint racer completes the race at approximately 10:30. The Super Sprint will begin at 11am and should be complete by 12noon. We will distribute ribbons to the male and female winners for ages 8 and under, 9-10 yrs., 11-12yrs., and 13-14yrs. just as soon as the results are in right after the race is completed. Relay team winners will be announced in the same age group order.