SPRINT TRIATHLON 2019

COURSE MAPS

The 400 meter SWIM takes place in the Oldham County Aquatic Center's 25-meter outdoor pool with the participants starting every 30 seconds based on their estimated swim time. The 10-mile BIKE course is out and back with some hills and few turns. The 3K (1.86 mile) RUN course is out and back with a loop in the middle. It is slightly hilly and combines cross-country and firm surfaces. There will be water stops along the route.

From Community Center parking lot: go right on Hwy 393; At 1.4 miles, go right on Fendley Rd; Follow Fendley until it ends; go right on Bennett until it ends at the Dawkins Rd split; Go right on Dawkins and follow until you get to the turn around. Turn around and return on same route.

10 Mile Bike Course

3K Run Course

Volunteers Registration Form

Oldham County Parks and Recreation is in need of volunteers to fill several job duties for these races to be a success. If you have Beta hours, service hours or you just some extra time this is a great opportunity for you to get 5+ hours and have fun doing it. All volunteers will receive a t-shirt for working and your name will be put in a drawing for one of the door prizes.

Please fill out form and mail to OC Parks and Recreation or call 502-225-0655 ext. 5402.

Name: ____________________
Phone (H): ____________ (C): ____________
Shirt Size:  S   M   L   XL   XXL

Volunteer Opportunities with Start Time:
(Check jobs you wish to help with)
(You can check more than one)

___ Water stop (6:45 a.m.)
___ Course directions (6:45 a.m.)
___ Registration (6:00 a.m.)
___ Course prep. (4:00 – 4:30 a.m.)
___ Course Tear Down
___ Finish Line (7:00 a.m.)
AWARDS

Awards will be presented to:

- The overall male, female and Team finishers will receive $500 each and a plaque.
- The top two male and female finishers in each of the following age groups:

- A short sleeve shirt will be given to all participants.

- All race participants will be entered in a drawing for a chance to win one of the eight (8) cash prizes or several gifts from local businesses.

- Domino’s will server pizza after the race for the participants.

Cash Door Prizes (provided by Ironman)
2 @ $50, 2 @ $100, 2 @ $150
& 2 @ $200

RACE SPONSORS

Domino’s Pizza
LaGrange: 222-2202
Crestwood: 241-0600

GENERAL INFORMATION

DATE: Saturday, August 24, 2019

REGISTRATION:
Registration will be accepted by mail or in person.
Pre-registration is required.
Participation is limited to only 200 entries.

REGISTRATION FEES:

- $50.00/USAT member**
  (Must show membership card on race day.)
- $80.00/relay team**
  (Submit team entries together.)
- **All Non USAT Participants must:
  *18 & Over add $15.00 to the price above for the one day insurance.
  *17 & Under add $10.00 to the price above for the one day insurance.

REGISTRATION DEADLINE:
Entries must be received by Tuesday, August 6th at 2:00 pm.

For more race information, call Oldham County Parks and Recreation 225-0655 ext. 5402
e-mail us at: gparsons@oldhamcountyky.gov

MAIL CHECK & THIS FORM TO:
SPRINT TRIATHLON
OC PARKS AND RECREATION
1551 N. HIGHWAY 393
LAGRANGE, KY 40031