

Sprint Course Details

The 5th annual Millheim Pool Sprint Triathlon will start at Soldier's & Sailor's Memorial Park, Millheim Pool, at 8:00 am.

- The **SWIM** portion will consist of a 300-yard pool swim. The swim is seeded based on submitted swim times.
- The **BIKE** course will be approximately 15 miles winding through scenic countryside.
- The **RUN** course will be an out-and-back, approximately 3-mile course with some brief off-road running.

Millheim Mini Triathlon

Perfect for new triathletes or those seeking a shorter event, the Mini Tri is half the distance of the Sprint Triathlon. Come test yourself and see what all the fun is about.

- The **SWIM** portion will be 150 yds.
- The **BIKE** course will be approx. 7.5 miles.
- The **RUN** course will be 1.5 miles.

Millheim Pool Sprint Triathlon

Saturday June 21, 2014, 8:00 am

This event is being held to raise funds and awareness for the Millheim Pool, a non-profit organization dedicated to serving the community.

Sprint Triathlon

Individual

- _____ \$45 until 5/1
- _____ \$50 from 5/2 - 6/1
- _____ \$55 6/2 - race day

2-Person Team

- _____ \$65 Team until 5/1
- _____ \$70 Team 5/2 - 6/1
- _____ \$75 6/2 - race day

3-Person Team

- _____ \$75 Team until 5/1
- _____ \$80 Team 5/2 - 6/1
- _____ \$85 6/2 - race day

Mini Triathlon

Individual

- _____ \$45 until 5/1
- _____ \$50 from 5/2 - 6/1
- _____ \$55 6/2 - race day

Checks payable to: Millheim Pool Triathlon

For more details, see

<http://www.millheimpool.com/Triathlon.html>

Registration		
Pre-registration encouraged! Register online at parunners.com or mail this form to: Millheim Pool Tri, PO Box 395, Millheim, PA 16854		
Name:		
Address:		
Circle Event: Sprint Triathlon Mini Triathlon (indiv. only)		
T-shirt S M L XL	Sex M F	Age on event day
Phone:		
Email:		
Estimated swim time (Sprint: 300 yds, Mini: 150 yds)		
Emergency Contact Name and Number		
Relay Team each member must complete a form with contact info, emergency info and T-shirt size. Please submit together as a team.		
<input type="checkbox"/> 2-person <input type="checkbox"/> 3-person		
Team Name:		
Swimmer's Name:		
Biker's Name:		
Runner's Name:		
Signature:		

Event Details

- The transition area and packet pick-up will start at 6:30 am.
- **Pre-race meeting** will be held at 7:45 am near the pool area.
- Event will be chip timed.
- T-shirts guaranteed to all athletes registered by June 1, 2014.
- Must be 14 by Dec. 31, 2014 to participate.
- **Minors MUST be accompanied by an adult.**
- **** Bicycle Helmets Mandatory!**

Prize Categories

- Overall Male and Female Finisher
- Top 2- and 3-Person Relay Teams
- Top Three Men & Women in the following categories: 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Millheim Pool Sprint Triathlon

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www.millheimpool.com

For info, email:
millheimtri@yahoo.com



Kids Event!! Splash and Dash for Fun

To Benefit the Penns Valley
Penguins Swim Team

Saturday June 21, 2014

Following Adult Tri, approx. 10:00 – 11:00 am
\$5.00 Swim Team Members, \$10.00 others

Ages 5 -14 (must swim unassisted)
Distance varies by age group

See www.millheimpool.com to
register