



Register Online @ www.sportspectrumusa.com

Please Mark One Box

Guppy 7–10 years old

Shark 11–14 years old

Last Name _____ First Name _____ M or F

Address _____

City _____ State _____ ZIP _____

Age as of 8/2/14 _____ DOB ____/____/____ USAT # _____

Tech shirt Size (Circle):

YM YL S M L

Entry Fee: \$45.00 by June 20

\$50.00 June 21 - July 30

\$60.00 July 31–August 1

NO RACE DAY ENTRY

Paid \$ _____ Paid w/ _____

Waiver & Release

In consideration of my being admitted to enter the Sportspectrum IronFish Triathlon, I, for myself, my heirs and assigns, executors and administrators, do hereby forever release and discharge Sportspectrum, Matthew Brown-Race Director, Sunrise Tri Club, Woodrow Nesbitt, New Balance, & Sportspectrum Race Management their employees and agents, of and from any and all claims of demands for damages of liability in any manner arising out of participation in such event. I certify that I have prepared myself for this event and that I am in adequate physical condition to complete the event I have entered on. I agree to follow all rules of this race, and to permit myself to be removed from the race if in the opinion of the Race Administrators my continuing would endanger my health.

Signature _____ Date _____

Parent/Guardian Signature _____

IronFish 2014

Guppy (7 - 10 years) - 100ys, 5Kb, 1Kr
Shark (11 - 14 years) - 200ys, 10Kb, 2Kr

www.sportspectrumusa.com

Brought to you by: The friendly folks at Sportspectrum, Inc. and Foster Orthodontics.

Special Thanks to the individuals , businesses, and organizations for their resources:

Sunrise Tri Club, United Title, The Family Doctors, YMCA, Red River Road Runners, Strawn's Eat Shop Too, Eberhardt Physical Therapy, McCary's Jewelers, David Taggart, Ozark Spring Water, Clark's Tailgate Catering, & Pediatric Healthcare Associates

Date & Starting Time: Saturday morning, August 2, 2014;

Race starts at 8:00a.m. sharp. Be at Cypress Park 1 Hour before Race Start!!!!

Course Description: Race starts and finishes at Cypress Lake Park (See map). Swim will be located in the shallow part of Cypress Lake (less than 4' of water). Lane ropes & Lifeguards will be provided for safety. Flotation devices are allowed on the swim. We want every child to feel as safe as possible. Bike portion & run are all inside the park. Course is safe, easy, & well shaded. Course certified by Sportspectrum Race Management.

Early Registration: You may register by mail with **cash or check only:** "IronFish Triathlon" 6970 Fern Ave Shreveport, LA 71105. **ALL CREDIT CARD** registration must be made online at www.sportspectrumusa.com. Early registration is **\$45.00 by June 20. \$50.00 June 21–July 30. \$60.00 July 31–August 1. **NO RACE DAY REGISTRATION!!!****

Packet Pick-up: You can pick up your packet early at Sportspectrum beginning Thursday, July 31 from noon-6pm & Friday, August 1 from 10am–5:30pm & Saturday, at the race site from 7:00am-7:30am. We highly recommend picking up packets Thursday and Friday as Saturday will be very busy.

Race Morning: Please make sure that you are at the park at least one hour before the race starts. It takes at least 30 minutes to get parked, walk to transition, get your bike & gear situated, get body marked & pick up your timing chip. **Park gate opens @ 6:30 am.**

Race Packet: Every pre-registered participant will receive an official **2014 IronFish race T-shirt, IronFish Backpack, socks, swim cap, and Finisher's award.**

Our limit is 250 participants, so please register early & don't miss out on the FUN! We sold out last year!

Post Party: Join us after the race at the to enjoy a great post party, food, and drinks thanks to Ozark Water, Hot Dog's By Clark's Tailgate, Pepsi & much more!!

Awards: Ironfish recognizes overall and individual age group winners. There will be no awards, but all participants at Ironfish Kids Triathlon are winners, and will receive a beautiful finishers medal at the finish line. It is our hope to foster an environment of fun and accomplishment for everyone. We want the Ironfish to view their triathlon experience as a time of enjoyment and success. All winners and finishers will be posted with their times online @ sportspectrumusa.com.

USAT: This event is sanctioned by USAT & will require a youth annual license (One Day -\$10.00 or Annual - \$15.00) which can be taken care of at packet pick-up.

If you would like to register online go to www.usatriathlon.org—click on **membership.**

Required Items: All participants must have Bike Helmet, Bike, Running Shoes.

NO TEAMS WILL BE ALLOWED FOR THIS EVENT!!

Addresses for GPS

- Packet pick up:** Sportspectrum, 6960 Fern Avenue
Shreveport, LA 71105
- Official Hotel:** Hilton Garden Inn—Homeward Suites
2015 Old Minden Road, Bossier City, LA 71111
- Race Site:** Cypress Park, 135 Cypress Park Drive
Benton, LA 71006



Features!



DR. BENJAMIN FOSTER

PRACTICE LIMITED TO ORTHODONTICS



Saturday, August 2nd, 2014

8:00am Start Time

Cypress Park Black Bayou, Benton LA