

JERSEY GIRL TRIATHLON

A PREMIER WOMAN'S ONLY EVENT AT THE JERSEY SHORE

REGISTRATION IS NOW OPEN • SUNDAY AUGUST 8TH, 2010 • PIER VILLAGE, LONG BRANCH, NJ

300 Yard Swim.... 9.5 Mile Bike.... 3 Mile Run

**Registration
Opens Thursday
January 28th**

To Benefit

180
Turning Lives
Around



Individual or Relay

Special Awards to Top 10 Overall Women

An also top 3 in each age group: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & up

Included with all entries!

- Technical Shirts to all pre-registered
- 12 week training program
- Monthly Newsletter Starting March 1, with tips on training, nutrition and much more!
- Open Water Swim Clinics, Friday Nights
- Triathlon Clinics, including transition clinics, cycling, running and much more
- Bathing Cap
- Water Bottle
- Many, Many more Amenities!
- Elite/Age Group Wave Start by Choice
- Great Party, food afterwards



All Participants will be required to have a current USAT Membership (must show card at check in, or pay a one day fee \$10.)

Ocean Swim (usually very calm in August)
Swim Angels will be in the water with you.

Swim will be up one side of a floatable Lifeguard Line, swimmers are encouraged to hang onto line if needed, no one gets disqualified. 12 Lifeguards will be in the water.

Bike will be a 9.5 tour of Long Branch NJ

22 Police officers at key intersections as well as about 40 volunteers. Not closed to traffic, helmets required. All types of bikes welcome. road bikes, hybrid bikes, mountain bikes.

3 Mile run along Ocean Avenue and back along the boardwalk. Very spectator friendly course.

Finish, directly in front of Pier Village.

Tons and Tons of great amenities in this event, tailored for the women only participants.

WWW.JERSEYGIRLTRIATHLON.COM

JERSEYGIRLTRIATHLON@GMAIL.COM



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First Name _____ Last Name _____
 Age _____ DOB ____/____/____ Phone # (____) _____ - _____
 E-mail _____ (we do not sell for contact purposes only)
 First Timer (Y/N) ____ Elite Heat (1st wave preference Y/N) ____ Team or Club _____

Jersey Girl Triathlon Waiver & Release In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages I may have against The Sandy Hookers Triathlon Club, Split Second Racing, LLC, City of Long Branch the representatives, successors or assigns of these organization, race volunteers, and all sponsors for any injuries that may be suffered by me in this event. I will additionally permit the use of my name and pictures in media coverage. I further attest and verify that I am physically able to participate in this event. I attest that I have read the rules and regulations of the Long Branch Practice Triathlon and will follow them to the best of my ability. I release any and all towns and Municipalities the race passes through and the Sandy Hookers Triathlon Club, and any other organization involved in the race. **I realize that the roads are not completely closed to traffic.**

Printed Name _____ Signed _____ Date _____
 Parent or guardian in under 18

Entry Fee: Make Checks out to Split Second Racing

- USAT Members Non-SHTC Members By June 1 \$80.00
- USAT Members SHTC Members By June1 \$70.00
- Non USAT Members Non-SHTC Members By June 1 \$90.00
- Non USAT Members SHTC Members By June 1 \$80.00
- USAT 3 person relay \$125.00
- Non USAT 3 person relay \$156.00
- USAT Member All Individual post registrations after June 1 \$90.00
- Non USAT Member All Individual post registrations after June 1 \$100.00



Total Amount enclosed _____

Direct Link to Online Registration **RaceForum.com/Jersey Girl NO EXTRA FEES**