

VOLUNTEERS NEEDED !

The Tri Warriors need your help! To make sure all of the participants are safe and that each one has the best experience possible, in what may be their first ever triathlon, we need as many volunteers as we can get.

Volunteers are needed to help with all aspects of the triathlon including the swim, bike and run portions, as well as set-up and clean-up.

If you are interested in volunteering PLEASE contact Austin Maynor at 734-2318 or amaynor4@yahoo.com.

TRI-WARRIORS BIKE



The Tri Warriors is a triathlon group established in 2009 in Robeson County, NC with a higher goal than just completing triathlons. All of our members have personal goals to succeed at the sport of triathlon and do their very best in training both their body and mind. But as a group our purpose is to better our community. Each year our members host this region's only youth triathlon with the goal of introducing the sport of triathlon to young people, promote a healthy lifestyle and raise money to give back to an organization that helps our area's youth.

This year's beneficiary is Helping Hands for Progress Inc. Helping Hands is a 501(c)3 not for profit company that addresses the physical needs and provides activities for local youth that come from low income housing in the Pembroke Area. The funds raised will be used to assist local youth who may need school supplies, winter coats or shoes, registration fees to participate in sports programs or to go on field trips with their classmates. In other words, these kids will receive the same benefits that most kids take for granted.

THANK YOU SPONSORS!

FIRST BANK



The Robesonian *Time Catcher*
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The Staffing Alliance

2011 TRI-WARRIORS YOUTH TRIATHLON

swim bike RUN

For Boys & Girls
Ages 6-15

Saturday, August 27th
(On the UNCP campus)



For More Information
www.TRIWARRIORS.net

"TRI-ing For A Better Spirit"

EVENT INFORMATION

COST: \$20 - (6/6-6/30); \$25 - (7/1-7/31);
\$30 - (8/1-8/26 or until event filled)

LOCATION: UNCP (Pembroke, NC)

DATE: Saturday, August 27, 2011

TIMES: Timing Chip Pick Up,
Body Marking & Transition Area open
from **6:30AM - 7:30AM**.

All participants must have their chip, be
marked and have their bike racked
No later than 7:30AM.

RACE BEGINS PROMPTLY AT 8:10AM

6-8 & 9-10 years old

Swim: 50 yards

Bike: 3 miles

Run: 1 mile

11-13 & 14-15 years old

Swim: 100 yards

Bike: 6 miles

Run: 2 miles

Although there are only **two distances**, there
are **four age groups**. Ages 6, 7 & 8 will compete
against each other while ages 9 & 10 will
compete against each other, but both age groups
will do the same distances.

Ages 11, 12 & 13 will compete against each
other and ages 14 & 15 will compete against
each other while both of those age groups will
do the same distance. Transition and course
maps are located on our website at
www.triwarriors.net.

EVENT RULES

1. ALL PARTICIPANTS MUST BE BETWEEN THE
AGES OF 6-15 YEARS OLD ON DAY OF EVENT.
NO EXCEPTIONS.
2. ALL PARTICIPANTS ARE REQUIRED TO HAVE
THEIR OWN BIKE, BIKE HELMET AND SWIM
GOGGLES.
3. PARENTS AND SPECTATORS ARE ASKED TO
PLEASE KEEP THE TRANSITION AREAS AND
COURSE CLEAR.
4. PARTICIPANTS AND RACE OFFICIALS ARE
THE ONLY ONES ALLOWED IN THE
TRANSITION AREA.
5. WE ASK THAT ALL PARTICIPANTS, PARENTS
AND SPECTATORS USE GOOD SPORTSMANSHIP
THROUGHOUT THE EVENT.
6. WE ASK THAT EVERYONE INVOLVED PLEASE
PUT SAFETY FIRST.

**Updated information is available on our
website (www.triwarriors.net) and we
recommend you check it often. You can also
follow us on Facebook and have automatic
updates sent directly to you.**

**If you have any questions please
contact Mike DeCinti at 910-827-2439**

**Please return Entry / Release Form
& Entry Fee to: Tri Warriors
P.O. Box 3791 Pembroke, NC 28372**

ENTRY / RELEASE FORM

First Name: _____

Last Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-Mail: _____

DOB: __/__/____ Age on raceday: ____

Gender: Male ___ Female ___

Rank Your Skill Level (1=lowest, 5=highest)

*Swim 1 2 3 4 5

Bike 1 2 3 4 5

Run 1 2 3 4 5

*If possible, please submit

your best time for a 50 yard swim _____

T-shirt Size (**circle one**)

YS YM YL S M L XL

In consideration of acceptance of this entry, I waive any
and all claims for myself and my heirs against the Tri
Warriors Triathlon Club, UNCP, the Town of Pembroke,
their respective boards; appointed or elected officials,
event volunteers or other persons, including event spon-
sors, for any illness or injury which may directly result
from my participation in the Tri Warriors Youth Triath-
lon. I further state that I am in proper physical condition
to participate in this event and agree that none of the
above parties are under obligation to provide a physical
examination or other evidence of my fitness to partici-
pate in the race, with this being my sole responsibility.
I also give permission for the free use of my name and
photo in any news coverage or publicity of subsequent
events. I further state that I am able to swim, can ride a
bike and run and strongly believe I am capable of com-
pleting the distances for this event.

Participant Signature (required)

Date

Parent Signature (required)

Date