3rd Annual LARA Sprint Triathlon

August 16, 2008

Lewisburg Area Recreation Park
15th and St. Mary Streets
Lewisburg, Pennsylvania 17837

8:00 AM Race Start

300yd. Pool Swim –14 Mile Bike – 5K Run

Professionally Chip Timed by Score-This!!!

12th event in the River Towns Race Series

Entries limited to 300!

T-shirts & Goody Bags guaranteed to all athletes registered by August 1, 2008.

Race Packet pick up on Friday, August 15 at the Lewisburg Area Ice Rink from 6-8pm
OR on race day starting at 6:30 AM.

MUST be at least 14 on Dec 31, 2008. Parent/guardian signatures required on race day for those under 18.

Awards for the **Overall Male and Female Finisher, Top Three 2 and 3 Person Relay Teams, and 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+**

MANDATORY RACE MEETING on race day at 7:30AM in the ice rink near the transition area.

Contact the Susquehanna Valley Visitors Bureau 800-525-7320 for discounts on rooms for the event. Mention LARA.

Race Hot Line: 570-524-4774 **Race E-Mail: tara@GoLARA.org** **Web Site: www.lewisburgtriathlon.com**

Detach and mail this portion with your payment to address below. Please make check payable to LARA.

3rd Annual LARA Sprint Triathlon

Individual
_____ $40 until 7/11
_____ $45 from 7/12-8/12
_____ $50 8/13-race day

2 Person Team
_____ $65 Team until 7/11
_____ $70 Team 7/12- 8/12
_____ $75 8/13- race day

3 Person Team
_____ $70 Team until 7/11
_____ $75 Team 7/12- 8/12
_____ $80 8/13- race day

Make checks payable to: LARA
Mail to: 629 Fairground Road
or Lewisburg, PA 17837
Pay using VISA or M/C: www.GoLARA.org

LAST NAME | FIRST NAME | M.I.

NUMBER AND STREET

TOWN/CITY | STATE | ZIP/POSTCODE | SEX | AGE on 12/31/08 | Y/ N Is this more than a 50 mile travel for you?

DOB MM/DD/YY | 300 yd Swim Time; Be as accurate as possible | T-shirt size S-M-L-XL | PHONE NUMBER XXX-XXX-XXXX

TEAM NAME (IF APPLICABLE) | EMAIL ADDRESS

If Team Member, mark event (2 max) S-Swim, B-Bike, R-Run

EMEGENCY CONTACT INFORMATION

FIRST NAME | LAST NAME

PHONE NUMBER XXX-XXX-XXXX

L A R A
RACE USE ONLY