



TRI-FOR-FUN

Saturday, April 24, 2010



Start & Finish:

SMV YMCA (parking lot)
3400 Skyway Drive, Santa Maria, CA

THE SWIM

1/4 mile - 9 laps/18 lengths in the YMCA pool.
No open wounds. Appropriate bandages accepted.

TRANSITION AREA

Exit from the pool gate exit and pass through Young Child's Preschool playground into transition area.

THE RIDE

There are two bike courses to choose from. The first is the short course which is 12.5 miles and the second is the long course which is 17.9 miles. Both courses are relatively flat and on paved public roads. Riders must always wear a helmet with the chin strap attached and obey all traffic laws. No head phones or ear phones are allowed on the bike course.

TRANSITION AREA

Replace your bike on the rack and your run will begin from the transition area.

THE RUN

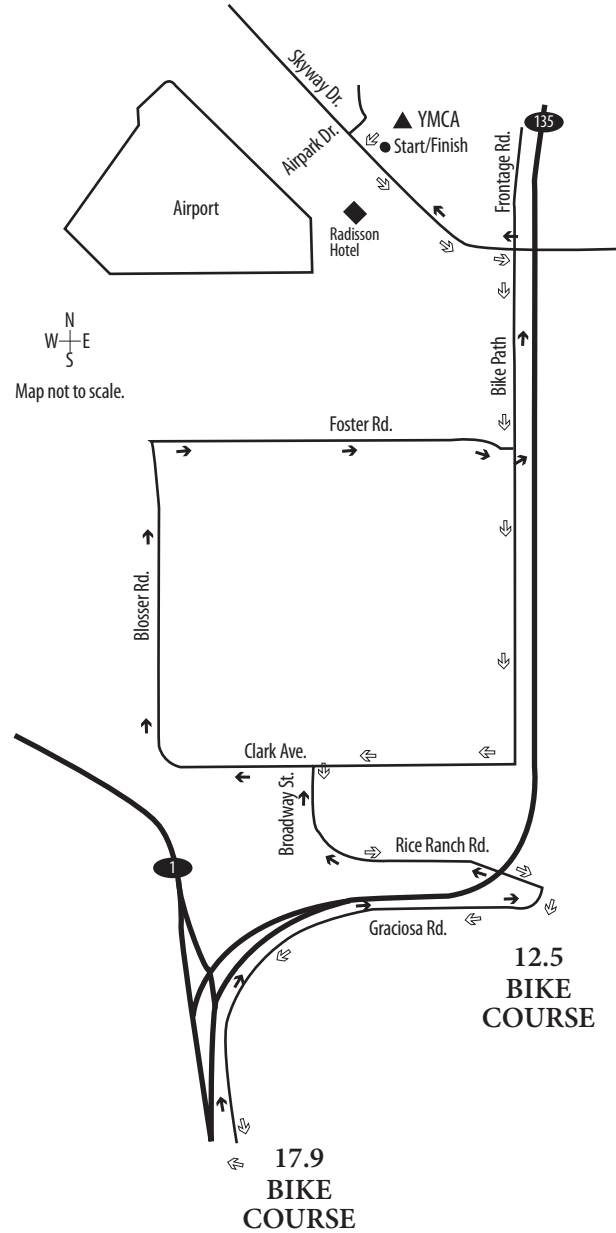
The run is a flat 5K (3.1miles) course that goes through a designated bike/walk trail and through Waller Park. There will be water stations with volunteers along the way to guide you.

RACE CHECK-IN

Check-in will be Friday, April 23 from 5-8pm at the YMCA. During check in you will receive your number and race information as well as your t-shirt for pre-registered participants.

The day of the race all participants must arrive 45 mins. before their assigned start time to have their body marked for the race.

Start times will be available at www.smvymca.org or at the YMCA front desk after April 16, 2010. Race results will be available on April 27, 2010 on the YMCA website at www.smvymca.org.



Non-Profit
U.S. Postage Paid
Santa Maria, CA
Permit #129

Santa Maria Valley YMCA
3400 Skyway Drive
Santa Maria, CA 93455

Return Service Requested

16th Annual Santa Maria Valley YMCA TRI-FOR-FUN

Saturday, April 24, 2010
Opening Ceremonies
at 7:30am



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We build strong kids,
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