

Fawn Lake Triathlon 2011

Course description

Q and A

Sprint: This event is open to all ages. We begin with a 700 meter swim in Fawn Lake followed by a 12.32 mile bike and finishing with a 5k run. The run and bike are done on blacktop; road and golf path. Bikers begin from FLCC lot. The bike out on Longstreet, and turn right at FL Parkway, continuing to the marina, and looping back to four way, where they turn right continuing to Honor Bridge intersection, turn around heading back via Longstreet towards the club. At the Sheridan intersection they will turn and repeat the loop, ending in the FLCC parking lot, for a total bike portion of 12.32 miles. Bikers are advised to bring their own bike stand/rack as these are not provided. Helmets are required.

Super Sprint: This event is open to those 14 and under as of race date. We begin with a 3 lap swim in a 25 meter pool (75 meters all together) followed by an approximate 5 mile bike and finishing with a 1 mile run. The run and bike are done on blacktop; road and golf path. The bike route is still under consideration. Participants **MUST** be able to ride their bike independently. No training wheels or three wheelers are allowed. Helmets are required to participate.

Payment: All payments are received online with a credit card.

Registration ends Friday, August 19th at midnight. Be sure to print your receipt to present when you pick up your race day packet. Race day packets must be picked up at the Fawn Lake Real estate office located just inside the

gate on either Friday, August 26th between 3:30pm and 6:30pm or Saturday, August 28th between 9:00am and 12 noon. Please contact Cindy Edwards at edwardsfam4@verizon.net or by phone at 540-604-0394 if special arrangements need to be made. All reasonable attempts will be made but packet pickup is the racer's responsibility. There are **NO REFUNDS**. This event will be held **RAIN OR SHINE**.

Event Schedule: The Sprint will begin at 8am sharp, men entering the water first followed by the women and relay team swimmers. Winners will be announced and ribbons distributed once the last Sprint racer completes the race at approximately 10:30.

The Super Sprint will begin at 11am and should be complete by 12noon. We will distribute ribbons to the male and female winners for each grade just as soon as the results are in right after the race is completed.