

The 8th annual Tri For Sight!

Register now for the Susan Bradley-Cox Tri for Sight—a USAT sanctioned Olympic distance race with chip timing. An 800 meter indoor pool swim at UK's Lancaster Aquatic Center will have a staggered start (10 second intervals), an 18 mile bike runs through suburban areas to horse country and back, and a 4 mile run features the UK/LFUCC Arboretum...a great course for both novice and experienced triathletes. Duathletes will start with a 2 mile run instead of the swim. Award ceremony will be held immediately following the race. Awards to best overall male and female, top three finishers in each category, and to winning teams. All participants receive a t-shirt (guaranteed if entry received by Sept 4), gift bag, and eligibility for door prizes.

ALL athletes MUST be ready and in the transition area for mandatory pre-race info at 6:50 am. Triathletes will then walk down to the pool balcony as a group, to be called down to the pool deck in seeding order. Transition area will be open for body marking, chip distribution, and transition set-up from 5:00- 6:45 a.m. Restrooms available at pool. No glass in pool area, please.

On-line registration is FREE and available on active.com through triforsight.com

Packet pick-up and late registration will be held at our tent between the UK stadium and Cooper Drive, Sat. urday, September 4th 10:00 am—1:00 pm, 5:00—7:30 pm

PRE-RACE MEETINGS
(attendance mandatory if you have never done Tri For Sight before)
at 10:30, noon, 6:00 pm, and 7:00 pm

RACE DAY PACKET PICK-UP *is for out of town athletes only, unless prior approval by race director*

Lancaster Aquatic Center is located at the corners of Complex and University Dr. adjacent to the Johnson Recreation Center. The transition area will be across Cooper Drive in the stadium parking lot. Ample parking is available close-by. For additional information contact race director Beth Atnip at 859-475-3313 or email us: racedirector@triforsight.com

Visit our **web site** for course maps and information on hotels near the race:

www.triforsight.com

Get your colleagues together and enter as a **Corporate Team!**

VOLUNTEERS NEEDED—All volunteers receive a t-shirt, snacks, and our undying gratitude. . Contact Dave Keown at 859 323-5875

Tri For Sight Registration Form

Name _____
(individual entry or team captain)

Address _____

Phone _____

Email _____

USAT # _____ Date of Birth _____
(if applicable)

Shirt size: S M L XL XXL

Name of Team _____

Team Member 2: _____

address _____

Email _____

USAT # _____ Date of Birth _____

Shirt size: S M L XL XXL

Team Member 3: _____

Address _____

Email _____

USAT # _____ Date of Birth _____

Shirt size: S M L XL XXL

Please circle appropriate categories:

Triathlon	Duathlon
Individual Male	Individual Female
Male Team	Female Team
Mixed Team	

Athena (150+ lbs) Athena Masters(40+ yrs)
Clydesdale(200 lbs) Clydesdale Masters

Age group on race day(individuals only)

15-19	20-24	25-29	30-34	35-39
40-44	45-49	50-54	55-59	60-64
65-69	70-74	75 & up		

(Minimum age is 15 years for bike segment, please)

Please make checks or money order payable to Tri For Sight. Mail entry to address on reverse of this form.

Entry Fees (circle amounts)

Individual \$70.00

Team \$105.00

- less discount per entrant with **any** student ID or a **UK** faculty/staff ID ____ x (-) \$5.00

+ add \$10.00 per entrant for non-USAT members only ____ x \$10.00 *

TOTAL enclosed.....\$_____

**Team of 3 non-USAT members is a Total of \$30.00 additional*

800 meter swim seed time: _____

(Please help us avoid traffic problems - be honest about your swim capabilities!)

Converting yards to meters:

Multiply time in seconds x 1.11

**Swim must be completed in 30 minutes , Bike course closes at 11:00 a.m.*

I/we are racing in honor of this visually impaired person: _____ (optional)

All non-USAT entrants must sign a waiver when picking up their packet. Maximum number of starters is 375 tri / 150 du. Mailed entry forms must be post-marked by August 29, on-line by Sept 2, for seeding Late registrants will start in the order their form was received following all seeded entrants. Late entries will be accepted through 1:00 pm on Saturday, Sept 4 if space is available.

Entries are not transferable or refundable.

SANCTIONED EVENT



**This race will fill
Don't delay -**

Tri For Sight / Du For Sight
UK Department of Ophthalmology
Kentucky Clinic—740 S Limestone E325
Lexington, KY 40536-0284

Susan Bradley-Cox TRI FOR SIGHT

Triathlon / Duathlon

Presented by

Swim Bike Run of Kentucky



2010

Sunday, September 5th
7:15 a.m. Tri / 7:30 am Du
Lancaster Aquatic Center
University of Kentucky

TRIATHLON
800m swim
18 mile bike
4 mile run

DUATHLON
2 mile run
18 mile bike
4 mile run

USAT SANCTIONED



SWIM • BIKE • RUN of KENTUCKY

**Final leg of
the series!**



UK Eye Research Fund

It's difficult to imagine life without sight. Each year, thousands battle macular degeneration, diabetic retinopathy, and glaucoma. The UK EYE RESEARCH FUND supports work that helps us better understand and treat these and other blinding diseases. All proceeds from the Tri for Sight directly benefit the UK Eye Research Fund to help our local scientists and physicians battle worldwide diseases.

The UK Department of Ophthalmology and Visual Sciences has become a leader in the fight against blindness in the Bluegrass and beyond. UK treats over 30,000 patients yearly, providing advanced medical eye care for Kentuckians of all ages. Research done here on ocular blood vessels has revolutionized treatment of macular degeneration, diabetic retinopathy, and ocular inflammation. This work has also advanced our understanding of many other diseases beyond the eye. UK Eye remains committed to providing outstanding teaching for Kentucky's next generation of eye care professionals. Contact Dr. Sheila Sanders at 859-323-5875 for more information.

Please use the attached personal sponsor sheet or go to:
<http://www.triforsight.com/sponsorsheet.pdf>
to secure additional support or to run in honor /memory of a loved one or friend.

Bike Course Route

The scenic bike course will go out on Alumni Drive, across Tates Creek Road, right on Chinoe, left on Armstrong Mill, right on Delong, past Walnut Hill. The turn-around point is in the parking lot of Keshlyn Kennels. NEW THIS YEAR: Coming back, the course will deviate via River Park Drive and Centre Parkway into the Tates Creek High School lot. See website for full details. Police and volunteers will be stationed at all intersections, but this is not a closed course, so obey traffic laws.

Run Course Route

From the transition area next to BCTCS left to University Drive, left on Alumni, cross into the UK Arboretum at College Way, around the path, then left on Alumni, right on University, and right toward the finish line. Finish line is adjacent to the Expo area. Duathlon will use a shortened version of the course for the first leg.

**Directors reserve the right to change or shorten route, or cancel the race based on course conditions at race time. **