

The 11th Almost Annual Lake Kristi Triathlon

To Benefit Greenville Pitt County Special Olympics

Saturday, June 9, 2012, 8AM, Greenville, NC

Hosted By Parker and Becky Overton

Another incredible Tricredible race - USAT Sanctioned

Distances ½ mile swim, 15 mile bike, 3 mile run. Event starts at Lake Kristi on Mobley's Bridge Road, about 7 miles east of Greenville. Swim is in a new man made ski lake, run is mostly on grass on a private golf course.

Scoring Timing and results by Run the East. All participants must pick up and wear their assigned timing chip during the race in order to be timed. Splits for all segments.

Registration www.runtheeast.com and by mail-in, see below

Entry Fees \$40 individual, \$90 relay teams, if registered by May 31, 2012; \$60 and \$120 after and on race day, space permitting. Entry fee includes t-shirt. Non-USAT annual members will be required to pay an additional \$10 for one day USAT membership. ALL COMPETITORS MUST PRESENT USAT CARD OR PAY THE \$10 FEE. Field limit of 250 starters. A relay team counts as 1 starter. Relay teams must mail all entries in 1 envelope. MINIMUM AGE FOR PARTICIPATION IN TRIATHLON IS 16 ON RACE DAY.

T-Shirts High Quality, 100% cotton, spiffy, original artwork. Please register by May 31 to help us order the right sizes for everyone. A small number of shirts may be available race day; we might not have your size. Sorry.

Trophies Top 3 Overall M+F, and Top 3 M+F Finishers in age groups: 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+ USAT age rules. Teams - top 3 MMM, FFF, and mixed relay teams.

Packet Pick up At Lake Kristi, opens at 6:30 AM. Parking opens at 6:15 AM.

Awards Will be presented as soon as scoring complete, approximately 11AM.

Note: NO alcohol consumption is permitted on race site, please respect.

More Info Carl Bonner, 252-353-1600(day), 252-753-2125 (night)
jandcbonner@centurylink.net, and website www.tricredibles.com/lakekristi

Make checks to "Greenville Pitt Co. Special Olympics" and mail by May 31 to Carl Bonner, 5016 NC Highway 121, Farmville, NC 27828. Do NOT mail after May 31, or you'll get pink eye.

Name _____ Birth Date _____ Age on 12/31/12 _____ Sex _____
Street _____ City _____ State _____ Zip _____
Home Phone _____ Work Phone _____ Email _____
USAT Member? _____ If yes, USAT Number _____ Shirt size (S, M, L Xl, XXL) _____
Entering as Individual or Team, I or T _____ If relay team, leg (Swim, Bike, or Run) _____
If relay team, type: _____ All Male _____ All Female _____ Mixed Team Name _____
Signed _____ Date _____

Directions to the Lake Kristi Triathlon:

From the north: Bethel and points beyond...Take Highway 11/13 south until the intersection of Highway 264 (pharmaceutical plant on the left). Exit onto Highway 264 East, stay on Highway 264 East until the intersection of Highway 33 East (Ford Dealer on the right). Turn left on Highway 33 East towards Grimesland. Immediately after crossing the overpass at the edge of Grimesland, turn right onto Mobley's Bridge Road. Lake Kristi is 2 miles on the right.

From the east: Washington and points beyond...Take Highway 17 south from Washington to Chocowinity, turn right onto Highway 33 West and take Highway 33 West to Grimesland. Go through Grimesland and take a left onto Mobley's Bridge Road just prior to the overpass. Lake Kristi is 2 miles on the right.

From the south: New Bern and points beyond...Take Highway 43 north to Bell's Fork at the south edge of Greenville. (Eckerd's on left, convenience stores on right) Turn right onto Fire Tower Road. Go to the end and turn right onto Portertown Road. Follow Portertown Road to the end and take a left onto Ivy Road. Follow Ivy Road to the end and take a left onto Mobley's Bridge Road. Lake Kristi is approximately 3 miles on the left.

From the southwest: Kinston and points beyond...Take Highway 11 North towards Greenville, turn right onto Fire Tower Road (Sam's Club/Pitt Community College on left). Go to the end and turn right onto Portertown Road. Follow Portertown Road to the end and take a left onto Ivy Road. Follow Ivy Road to the end and take a left onto Mobley's Bridge Road. Lake Kristi is approximately 3 miles on the left.

From the west: Wilson and points beyond...Take Highway 264 East and follow the signs for Downtown Greenville. At the third light (shopping center on left), turn right onto Arlington Boulevard. Stay on Arlington Boulevard past the school and the shopping centers and turn left on Fire Tower Road just past the Bojangles. Go to the end and turn right onto Portertown Road. Follow Portertown Road to the end and take a left onto Ivy Road. Follow Ivy Road to the end and take a left onto Mobley's Bridge Road. Lake Kristi is approximately 3 miles on the left.