



*Freihofer*  
**SOS4KIDS**  
*Survival Of the Shawangunks  
 Triathlon*



**Course description:**

Swim – SUNY New Paltz pool

Bike – Campus and Village of New Paltz roads

Run – SUNY New Paltz campus roads and fields

Age Groups	Swim(meters)	Bike (miles)	Run (miles)
7 & 8	100	3	.5
9 & 10	100	3	.5
11 & 12	200	6	1
13 & 14	200	6	1
15 & 16	200	6	1

Athletes will begin the race in the SUNY Pool. When they finish the swim they will exit the pool and mount their bikes located in the small parking lot next to the pool. The bike course for 7-10 year olds will remain on campus roads. The older three age groups will bike on college and village roads. The bike leg will end back at the college pool parking lot. Athletes then run on college fields and sidewalks finishing with one lap around the track. As athletes cross the finish line they will receive a coveted “Finisher” t-shirt. Following the race, athletes will be treated to a post race BBQ and award ceremony!

**Race Entry Fee:** \$30.00 first child \$20.00 for each sibling (check or money order only)

**USAT Triathlon Membership and Insurance Fee:** \$5.00 (check or money order only)

NO REFUNDS AFTER JULY 1, 2010

Field limited to first 150 applications

No applications accepted after **July 25, 2010**

**Entries received after July 18, 2010 cannot be guaranteed a t-shirt**

To enter the race, please send the following:

1. Completed entry form with emergency contact information
2. Check or money order for race entry fee \$30.00 **Check payable to SOS4KIDS**
3. Separate check or money order for USAT Triathlon Membership and Insurance Race Fee \$5.00 **Check payable to USAT**

**Send entries to:**  
**Mike Vance**  
**7 Dusinberre Rd.**  
**Gardiner, NY 12525**

Confirmation email will be sent once entry form and checks are received. Information on packet pick-up, detailed race map, and information for first time triathletes will be included in the email.

The USAT is the governing body for all triathlons in the US. SOS4KIDS has registered the race with them and has met their standards for youth triathlons.

**ENTRY FORM ON BACK**

