



**Off-Road
Triathlon/
Duathlon Race**
Sunday, August 23, 2009

**The hardest off-road race in
Michigan!**

A USAT Sanctioned Event

Presented by
Endurance Sports



Our Sponsors



Endurance Sports L.L.C.
1821 Duchess Ct.
Muskegon, MI 49445



Tri/Du Race
9:00 AM
Sunday
August 23, 2009



XTERRA Blackhawk

Off-Road Triathlon/Duathlon/Relay

Triathlon: 1,000 meter swim
14.5 mile off-road bike
10k off-road run

Duathlon: 5k off-road run
14.5 mile off road bike
10k off-road run

Relay: Triathlon Only

Where : YMCA Camp Pandalouan
1243 E. Fruitvale Rd.
Montague, MI 49437

Directions: From Muskegon, go north on
US 31 to Russell Rd exit
turn Right and go about 9
miles to Fruitvale Rd turn
Right about .5 mile to Camp.
(don't use Mapquest or Yahoo)

Cost: \$55 Individual (early bird rate*)
\$65 Individual (\$75 late*)
\$80 Relay (\$95 late*)
*Early Bird registration until 2/29/09
*Regular registration by 8/1/09
*Late registration 8/2/08-8/23/09

USAT Members deduct \$10 from your entry fee!!

This is a USAT Sanctioned Event. See Important Information for more details.

Determine Your Age Group -
based on how old you are on
Dec. 31, 2009 = your XTERRA age.

Age Groups:

15-19, 20-24, 25-29, 30-34,
35-39, 40-44, 45-49, 50-54,
55-59, 60+ (w), 60-64 (m), 65+ (m)



Swim
1,000 meters in beautiful Big Blue Lake

Bike
14.5 miles - mostly single track Owasippe
Red Trail - hills, mud, rickety wooden
bridges, several good passing zones.

Run
10k - more hills rickety wooden bridges,
roots and mud through Camp Blackhawk and
along the shore of Turtle Bay.

Important Information

This is a USAT Sanctioned Event.

Participants are required to have a USAT
Membership. You may purchase a one-day
license at the registration table (\$10) or go to
www.usatsanctioning.com to purchase an
annual membership (\$30).

Mandatory pre-race meeting from 8:30-8:45 AM.
All events start at 9:00 AM.

Late registration & packet pick-up at:
Pandalouan Sat., Aug. 22nd 4-7 PM
Pandalouan Sun., Aug. 23rd 7-8:30 AM

T-shirts guaranteed to pre-registered
participants only.

Contact Info:

Endurance Sports 231-557-6454
matt@endurancesports.biz
www.endurancesports.biz

2009 Tri/Du Registration Form

Please photocopy for additional entries.
Please print clearly. **NO REFUNDS**

Last Name: _____

First Name: _____

DOB: _____ Age: _____ Sex: M F

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

USAT # _____

XTERRA ID# _____

Shirt Size: (circle one) S M L XL

Registering for: (circle one) Triathlon Duathlon

____ Will also be competing in the Challenged
Athlete division. (Check if this applies)

____ Individual (\$55; \$65; \$75) ____ Relay (\$80; \$95)

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Send checks to:
Endurance Sports
1821 Duchess Ct.
Muskegon, MI 49445
Or register online at
www.endurancesports.biz