



## FIVE MILE LAKE WOMEN'S TRIATHLON

### SPRINT DISTANCE

Saturday, June 18, 2011

Auburn, Washington

RFID Chip Timed Event



To help you prepare for the Five Mile Lake Women's Triathlon, [Endurance Sports NW](http://www.endurancesportsnw.com) is offering training packages, with personalized coaching and pre-race clinics in open water swimming and transition area skills. For more information on ESNW or any of the training packages, contact Porter Bratten at [porter@endurancesportsnw.com](mailto:porter@endurancesportsnw.com). The three options are as follows:

- Five Mile Lake Women's Training Package
- Five Mile Lake Women's Training Package for existing ESNW members
- Five Mile Lake Pre-Race Clinic

All three include: a chance to experience the swim course and hone your transition skills with experienced ESNW coaches, one week before the event. Coaches will go over the course, what to expect on race day, how to set up in the transition area, and will get in the water with you for a practice open water swim. Next, practice your transition area skills with the coaches and finish up with a Q & A. Gain confidence and familiarity for your race day experience with ESNW coaches. For more details and prices on these packages go to: [Elements Multisport Coaching](http://www.elementsmultisportcoaching.com)

This year BuDu Racing is partnering with BTO Multisports, who will be promoting this event. BTO Multisport is owned by Porter Bratton, a triathlete, USAT Certified Race Director, coach and all around great person. He has worked with BuDu Racing at a couple of events, and we know he is going to make your experience at this event a great one.

**Registration** Early registration must be completed by June 4, 2011. Registration after June 4 will include a late fee. Registration limited to 350 participants. On line registration is available at: <http://www.imathlete.com/events/FiveMileWomensTriathlon>

Cost	On or before		Day of event registration, if available: (please check website prior to coming)
	June 4	After June 4	
Age group:	\$60**	\$70**	\$75**
Relay 2 person:	\$80**	\$90**	\$95**
Relay 3 person:	\$90**	\$100**	\$105**

\*\*For non USAT members, please add \$10.00 to registration to cover cost for day of race license for each participant.

**Registration Fee Includes** This price includes a finishers medal for each participant, post event food (which normally consists of bagels/bread, meats, cheeses, peanut butter and jelly, fruit and muffins; a 4x6 sponsor photo of you participating in the event (you will be able to select a photo of your choice from our photographers website); awards as appropriate and sponsor give away random prizes.

**Refunds** Participants who cancel their registration may do so up to two days before the event and will receive a coupon for 50% off at any future BTO Multisport races within one year

**Driving directions** King County's Five Mile Lake Park-36429 44<sup>th</sup> Ave South, Auburn, WA  
**From I-5** – take the 320<sup>th</sup> Street exit in Federal Way. Head east on 320<sup>th</sup> to Military Road and take a right (South bound). Follow Military Road to 5 Mile Lake Park (on the right hand side).

**Course Description** • .25 mile swim • 14 mile road bike ride (2 loops) • 3.1 mile run  
Enjoy an intimate women's only triathlon early in the year. Take advantage of a mainly flat and fast course in the Five Mile Lake Triathlon. Start with a 0.25 mile swim in the mineral Five Mile Lake, and enjoy the small roller, two-loop (14 mile) bike through mainly residential roads. Finish with a 3.1 mile run which follows a portion of the bike course.

#### 2011 Sponsors



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#### Packet Pick Up

Early in the week prior to the event, you should receive a confirmation email that lists your bib number and registration email. Pre-packet pick up is at Five Mile Lake Park, and you are strongly encouraged to pick up on Friday night June 17 from 6-8pm. Packet pick-up and day of race registration will open at 6:30am and close at 7:30am.

Phil's South Side Cyclery, 2310 SW 336th St, Federal Way, WA, 253/61-3903

#### Local Bike Shop

8:00 am

#### Start Time

You must be able to complete the course within 3 hours.

#### Finish Time

USAT Sanctioned.

#### Licensing

#### Categories

Standard USAT age group categories, including Athena (150+lbs) and Relay.

Friends and Family– non competitive category, can compete in the same wave, will receive finishers medal and time (includes splits)

#### Questions??

Email [Info@BuDuRacing.com](mailto:Info@BuDuRacing.com) or call 206/920-3983

#### Other Notes

**USAT rules enforced. This includes wearing a HELMET at ALL times when on your bike. No headsets allowed.**

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Swim	Bike	Run
<a href="http://www.mapmytri.com/workout/united-states/wa/auburn/660828026">http://www.mapmytri.com/workout/united-states/wa/auburn/660828026</a>	<a href="http://www.mapmytri.com/workout/united-states/wa/auburn/911274389">http://www.mapmytri.com/workout/united-states/wa/auburn/911274389</a>	<a href="http://www.mapmytri.com/workout/united-states/wa/auburn/439138238">http://www.mapmytri.com/workout/united-states/wa/auburn/439138238</a>

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