



2009 Defined Fitness Splash and Dash Series

This is a 4 event series designed to kick start your triathlon racing by providing fun, competitive training races that will enhance your swim, run, and transitions, while prepping you for the upcoming big races in the New Mexico triathlon season.

The Series:

RACE 1: May 31st, Defined Fitness Riverside. 250 yard swim, 3 mile run.

RACE 2: June 28th, Defined Fitness Riverside. 250 yard swim, 3 mile run.

Race 3: July 26th, Los Altos Aquatic Center. 400 meter swim, 5k run.

Race 4: September 20th, Los Altos Aquatic Center. 400 meter swim, 5k run.

All Races will start at 8 a.m. sharp. Online Registration will close at 5:00 p.m. on the Friday before the Event you plan to enter. Scoring will be standard USAT age groups in 5 year increments as follows: Clydesdale, Athena, Female and Male: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+. We will try to have results posted immediately after the last finisher crosses the finish line, please be patient!!

All races will be run in the following manner: Swim will be a time trial start, fastest seeded time to slowest, one swimmer every 30 seconds, then out of the pool to transition, then run to the finish. Please submit an honest 250 or 400 time for accurate seeding and to prevent clogging up the pool. Registration for all events will open April 13th online via Active.com. Follow this link for registration:

www.active.com/event_detail.cfm?event_id=1720599

You may also enter on the Saturday before each event at The ABQ Running Shop from 2 p.m. until 5 p.m. Registration will close at the ABQ Running Shop when the event limit of 250 is reached. There will be no mail in registration!! Please register early to avoid missing your event. Waivers will be signed by each participant the morning of the event during body marking. Athletes under 18 MUST have parent/guardian present to sign release.

Transition area and body marking for swim will open at 6:00 a.m. and close at 7:30 a.m... For questions concerning the events, please call 505-804-2823 or email Jameswebster@endurance-endeavors.com. A portion of the proceeds will be donated to the UNM Medical Students Association in return for their kind offer to volunteer at the events. Results will be posted on Active.com the afternoon following the race.