



## A Race for all Ages

(Ages 5-80+ welcome)

Youth & Beginner/Novice Adult Race  
F1 Format for 15+ and up – Open Race

# Murray Youth and Family Triathlon A Labor Day Tradition

**Date & Time:** Sept. 4 @ 7:45 AM  
**Cost:** \$30 for 10 & Under, \$35 for 11 and Older  
**Location:** The Park Center in Murray Park  
**Register:** Online at [www.mcreg.com](http://www.mcreg.com)  
**Deadline:** Monday, August 28, 2017  
In person registration until Sept. 1 after deadline  
at Murray Parks and Recreation Office. \$10 late fee

### Divisions:

**5-6 years:** swim 25 yd, bike .6 mi, run .25 mi [all in the park]

**7-8 years:** swim 50 yd, bike 1.2 mi, run .5 mi [all in the park]

**9-10 years:** swim 100 yd, bike 2.65 mi bike, run .7 mi

**11+ years:** swim 150 yd, bike 5.3 mi, run 1.2 mi

**F1 Format for 15 years and up - open race** [long course 2x]

**Free Family Prep Clinic – Wed. Aug. 30 @ 6:30 PM**

For more info [www.murray.utah.gov](http://www.murray.utah.gov); for training info, go to  
[www.greatbasincoaching.com](http://www.greatbasincoaching.com)

**No Race Day Registration!**