SPRING SPRINT TRIATHLON & DUATHLON
BENEFITING THE MOORES UCSD CANCER CENTER
SUNDAY, MAY 6, 2012 6:45 AM

WELCOME
We are excited to welcome you to the 5th Annual Spring Sprint Triathlon and Duathlon benefiting the Moores UCSD Cancer Center on Sunday, May 6, 2012. It's the first multi sport sprint event of the season in San Diego. With a calm bay swim and flat bike and run courses, the Spring Sprint is the perfect race to kick off your season.

TRIATHLON
1/4 Mile Swim, 9 MIle Bike, 3 Mile Run

DUATHLON
1 Mile Run, 9 Mile Bike, 3 Mile Run

MINI SPRINT TRIATHLON
200 Yard Swim, 6 Mile Bike, and 1.5 Mile Run
(Limited to 200 participants)

RELAY TEAMS
Join together with friends and family to compete in Spring Sprint. We welcome relays for the Sprint Triathlon and the Duathlon only. Relays can have 2 or 3 members.

THE COURSE:
The races start and finish at South Shores Park located on the South side of Mission Bay, just east of Sea World. The swim is in a protected cove at South Shores Park. Triathletes start and finish at the boat launch ramp completing a 1/4 mile U-shaped course. Duathletes complete an out-and-back 1 mile run within the park. All athletes bike around Fiesta Island on a double looped, flat 9 mile course. The final 2 loop, 3 mile run will be on walkways and an off road dirt trail.

RACE FEATURES
The 2012 race features chip timing and a post-race party with refreshments, beer garden, live entertainment and an awards ceremony. **ALL PARTICIPANTS WILL RECEIVE A TECHINICAL T-SHIRT, FINISHER PIN AND A "VIRTUAL GOODIE BAG."** Awards to the top 3 finishers in the triathlon and duathlon. 1st place awards to mini sprint participants. Points for the KOZ Multisport Points Series (triathlon & duathlon) to the top 10 finishers in sprint division categories.

MANDATORY PRE-RACE CHECK-IN/EXPO
All athletes must attend the pre-race check-in to pick up their race materials. Athletes will sign the waiver and pick up their timing chip, race numbers, swim cap, and t-shirt. Friends or family members will not be allowed to pick up for participants. NO EXCEPTIONS!
Check in location will be at South Shores Park in Mission Bay from 10:00am-3:00pm.

If you are unable to attend the pre-race check-in, choose the Personal Best Option, Mail Back option or VIP check in.

PERSONAL BEST OPTION
For a tax deductible fee of $50- Breakfast Buffet, Commerative T-shirt, and the VIP Check-In Option. All proceeds from the Personal Best Option benefit the Moores UCSD Cancer Center.

MAIL BACK OPTION
For a fee of $15- Receive your race materials, EXCEPT FOR YOUR TIMING CHIP AND T-SHIRT, in the mail at least 5 days prior to the race. You DO NOT need to attend the pre-race check-in. Your timing chip will be available for you at the VIP table on race morning. You will need to return a signed waiver by mail and pick up your t-shirt at the finish. Entries must be received by April 15th. NO EXCEPTIONS!

VIP CHECK-IN
For a fee of $30- Your race numbers, swim cap, goodie bag, timing chip, and T-shirt will be ready for you on race morning at the VIP check-in table. You DO NOT need to attend the pre-race check in. VIP athletes have reserved bike slots with their names in the transition area.

REGISTRATION

Online: Register at **www.KOZevents.com**

Mail: Mail entry and check payable to: Spring Sprint Triathlon c/o Koz Events, P.O. Box 421052, San Diego, CA 92142. Do not mail entries afer April 15.

In Person:
Register in person at Hi-Tech Bikes and Receive a $5 discount off the entry fee.
Hi-Tech is located at
7638 Clairemont Mesa Blvd, San Diego.
The last day to register at Hi-Tech is April 15, 2011-or upon sell out.

ENTRY FEES	Mini Sprint	Individual	Relay
Until Jan 15	$68	$78	$125
Jan 16 - Sell Out	$78	$88	$125
Race Weekend	$80	$90	$135

DISCOUNT
A $5 discount is available to Triathlon Club Members, Active Military, Students 19 & Under and Seniors 60+. This discount is valid with mail-in registration only. Mail a printed entry form with proof of disocunt to KOZ Enterprises.

REFUND AND TRANSFER POLICY
Partial refunds and transfers are available. Cancel by January 15 and receive a refund, minus a $10 cancellation fee. Cancel from January 16 to April 15th and receive a refund, minus a $25 cancellation fee. Once the race sells out, refunds will not be offered. You may transfer your entry to the 2013 event or to another person until April 15th. To transfer your entry to the 2013 event or to another person, you must download a San Diego Triathlon Series Transfer form. Transfer form must be received or postmarked by the deadline. There is a $20 fee for all transfers.

INFORMATION
For more information about this event please visit our website at www.KOZEvents.com or call (858) 268-1250.

raceplace MAGAZINE · Rehab United · BREAKAWAY TRAINING · AVIA · AquaHydrate · Brian Long tibhomesales.com · Peninsula Medical · FRS healthy energy · RICHARD DUQUETTE BICYCLE INJURY LAWYER · XTERRA WETSUITS · HTB HITECH BIKES RIDE HI-TECH.

Spring Sprint Triathlon & Duathlon
(Please print and fill out form completely and LEGIBLY, OK to photocopy)

Official Entry Form
Mail entry with check payable to Spring Sprint Triathlon, c/o KOZ Events, P.O. Box 421052, San Diego, CA 92142

FIRST NAME _____ LAST NAME _____

AGE on race day _____ SEX _____ DAY TIME PHONE NUMBER _____ – _____ – _____

S M L XL
T-SHIRT SIZE

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

EMAIL ADDRESS _____

RELAY TEAM NAME _____

RELAY TEAM MEMBER NAME _____ SEX _____ AGE _____ T-SHIRT _____

RELAY TEAM MEMBER NAME _____ SEX _____ AGE _____ T-SHIRT _____

EMERGENCY CONTACT NAME _____ EMERGENCY CONTACT PHONE NUMBER _____ – _____ – _____

Select Race
☐ Triathlon ☐ Duathlon ☐ Mini Sprint

Race Category (check only one)
☐ AGE DIVISION (five year age increments) **OR**
☐ SPECIAL DIVISION (check your division) **OR**
- ☐ Elite (Tri Only)
- ☐ Clydesdale
- ☐ Military
- ☐ Clydesdale 40+
- ☐ Challenged (Tri Only)

☐ RELAYS (Sprint and Duathlon Only)
- ☐ Men
- ☐ 120+
- ☐ Women
- ☐ Military
- ☐ Mixed

Entry Fees

Mini Sprint	$68 until 1/15 $78 until Sell Out
Individual	$78 until 1/15 $88 until Sell Out
Relay	$125 until 2/15 $125 until Sell Out
Race Weekend: If Available	$80 Mini Sprint $90 Individual $135 Relay

UNIVERSITY of CALIFORNIA SAN DIEGO MEDICAL CENTER
MOORES CANCER CENTER

Entry Fee $_____
Personal Best Option: Add $50 $_____
VIP Check-In: Add $30 $_____
Mail Back Option: Add $15 $_____
Less Discount $_____
Total Enclosed $_____

In completing this entry form, I agree to the conditions as stated in the event Release of Liability and Waiver Form. I will also sign a waiver at the pre-race expo.

Initial Here:_____