

Milkman Triathlon  
P.O. Box 399  
Dexter, NM 88230

# 27th Annual Milkman Triathlon

*A Southwest Challenge Series Event*  
**Best of the US New Mexico State Championship**

**JOIN THE FUN!**  
Welcome Individuals or Teams, Fitness Beginners,  
Elite Racers, Age Group Players

Saturday • June 4, 2011 • 8:00 a.m. • Dexter, New Mexico

Swim 0.5K      Bike 20K      Run 5K



Qualify For:

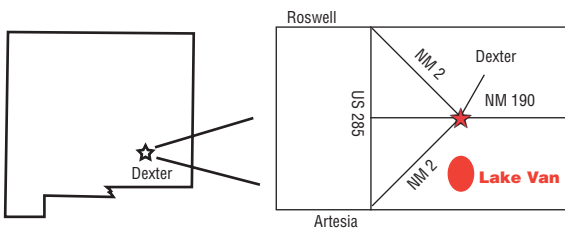
*Best of the US National Championship*

Alabama Coastal Triathlon  
Gulf Shores, AL  
September 10, 2011

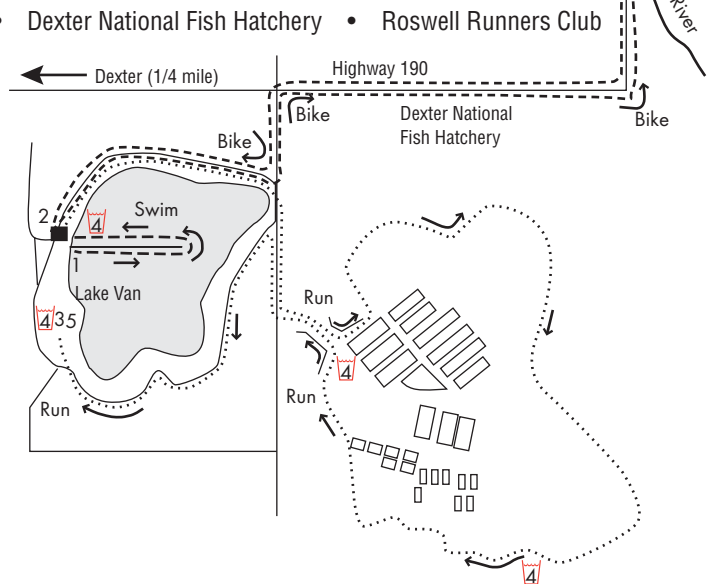
SANTIONED EVENT

Scottie Grassie

Select Milk Producers, Inc.  
Setting a higher standard.



- N ↑
- 1 Swim Start
  - 2 Transition Area
  - 3 Finish
  - 4 Water Stations
  - 5 Awards



**2011 MILKMAN TRIATHLON ENTRY FORM**

(Please print carefully)

Enter early for best race day results • Entry Deadline - 5:00 p.m. June 1, 2011

**PLEASE BRING YOUR LICENSE CARD AND PHOTO ID**

- Athena
- Clydesdale
- First ever triathlon as soloist

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Age as of 12/31/11 \_\_\_\_\_  
Address \_\_\_\_\_  Male  Female  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ \*USAT# \_\_\_\_\_  
Telephone ( ) \_\_\_\_\_ T-shirt Size (circle one) S M L XL Email \_\_\_\_\_

\*This is a USAT sanctioned race. All participants, including each relay member, must be annual members or purchase a single event permit. If you are an annual member, please indicate your # above and **bring your license card plus a photo ID to the Milkman on race day.** If you want to become an annual member, please correspond directly with the National Office at USAT, 1365 Garden of the Gods Road, Suite 250, Colorado Springs, Colorado, 80907 or visit www.usatriathlon.com. If you do not choose to be an annual member (or forget your license on race day), each athlete must pay an additional \$10.00 for a single event permit. All fees are non-refundable.

**SOLOISTS**

Milkman Entry	\$50.00	_____
Single Event Permit (if not annual member)	\$10.00	_____
	Total	_____

Payable and mail to:  
Milkman Triathlon  
P.O. Box 399  
Dexter, NM 88230

If confirmation of entry is desired, please send a self-addressed stamped envelope or post card with entry.

**MIXED RELAY**

(Complete separate entry form/waiver/fees for each person. Submit all together. One person must be of the opposite sex.)

Milkman Entry (per team)	\$45.00	_____	<b>No relay substitutions after entry deadline (June 1, 2011 5:00 p.m.)</b>
Single Event Permit (subtract \$10 for each \$30.00 annual member)	_____	_____	
Average age of team	Total	_____	

Name of: Swimmer \_\_\_\_\_  
Biker \_\_\_\_\_  
Runner \_\_\_\_\_

## General

The Milkman Triathlon, 27th Annual, is a three-sport event, starting with a 0.5K swim, followed by a 20K bike and finished with a 5K run. An individual may compete as a soloist, doing all three sports, or three people can form a relay team with each person doing one of the sports. The team must include a member of the **opposite sex**. Soloists may also swim on a team, subject only to the solo fee.

This is a USA Triathlon sanctioned event. All their competitive rules apply, including good sportsmanship, fair play, and FUN! You are solely responsible for the safe condition of your equipment. For increased security of your equipment, please allow a few extra minutes to check in and check out of transition area.

## The Course

### Swim: Loop Course (0.5K)

- 1) Swimmers must wear official swim caps. Be sure race numbers are positioned on sides of head.
- 2) Water temperature is expected to be approximately 75 degrees F. Wet suits optional.
- 3) Lake Van is reasonably shallow with no sudden drop off at the start or finish. The loop will be separated by a buoyant lane rope 250 meters long, with marker floats at 10 meter intervals.
- 4) Wave starts will be used to fairly distribute participants over the course. Combinations of age groups will depend on number of entrants. Overall placings will be determined by adjusted times. Please gather by the appropriate wave marker between the pier and Munchies at 7:45 AM.
- 5) The start will be with swimmers standing in the water, with one hand on the pier.
- 6) Aid can be summoned during the race by vigorously pumping an upraised arm.

### Bike: Out and Back Course (20K)

- 1) For your safety and the security of your equipment, contestants only in the bike corral, please. You will have a reserved, bike space.
- 2) CPSC approved helmets must be securely fastened and worn at all time on the bicycle. Penalty outside transition = DQ; inside transition = variable time penalty.
- 3) Cyclists are responsible for the safe maintenance and operation of their bicycle.
- 4) Mount bicycle only after crossing line at chip timing mats.
- 5) Motor vehicle traffic will be limited on course to residents and emergency vehicles. No personal support vehicles.
- 6) No drafting off another bicycle or motor vehicle. You should overtake and pass within 15 seconds or remain outside the 2M x 7M zone. Violation results in a variable time penalty.
- 7) Stay right, except to pass. Crossing center of road is a disqualification.
- 8) Cattle Guards - one on course.
- 9) Be alert for some rough pavement.
- 10) The turn around point is on a very narrow portion of the highway. A very slow 180 degree turn is required.
- 11) Filled water bottles will be handed up immediately after turnaround point.
- 12) Reduce speed when approaching bike corral, stop and dismount, before crossing line at chip timing mats, and rack bike at your space before starting run.
- 13) No headphones.

### Run: Loop Course (5K)

- 1) Runners may run or walk the course.
- 2) Pace or escort runners are not allowed.
- 3) Race numbers must be worn on the front and be visible at all times. You must wear your number across the finish line.
- 4) Stay in order of finish until checked through finish chute.
- 5) Remove Timing Chip
- 6) No headphones.

SPONSORED IN PART BY



### REMEMBER

Bring photo ID  
Bring USA Triathlon License (or pay 1 day fee)  
Wear securely fastened approved Bike Helmet  
Wet Suits Optional • No Drafting  
Do not cross center of road on bike course  
Sign waiver at packet pick-up  
Wear Race Number across finish line.  
*Have Fun! Good Luck!*

TIMING BY:

**Champion Chip  
of the Rockies**

## Schedule Of Events

### Friday Evening, June 3, 2011 - Lake Van, Dexter, NM

5:30 - 8:00 PM Race Packets will be available including USA Triathlon license check.  
**Bring USAT License, photo ID, sign waiver**

### Saturday, June 4, 2011

6:30 AM License Check resumes. Race Packet distribution continues. Bring USAT License, photo ID, sign waiver.  
Bike corral opens.  
Body numbering starts.  
7:30 AM Pre-race orientation.  
7:45 AM Report to wave clerks.  
8:00 AM Race Start.  
11:00 AM Bike corral closes - remove bicycles.  
11:00 AM Award Ceremony.

## Awards And Mementos

1. Handcrafted Ceramic Milkman Trophies to:  
Top Ten Overall Females  
Top Ten Overall Males
2. Milkman Trophies to Age Group Winners both Soloist and Mixed Relay Divisions.  
3 deep in all, plus 4th at 15 participants and 5th at 20 participants.
3. Milkman Trophies to  
Athena/Clydesdale Division - 3 Deep  
Athena (Females) 150+ lbs.  
Clydesdales (Males) 200+ lbs.  
Master Athena (40+)  
Master Clydesdales (40+)
4. Finisher Cups presented to first time triathletes as soloists.
5. 27th Anniversary T-shirt to all participants.
6. Pegye Jann Marshall Spirit Award.
7. Best of US Awards  
NM Amateur Male - 3 Deep  
NM Amateur Female - 3 Deep

Visit [www.milkmantriathlon.com](http://www.milkmantriathlon.com) for past photos and results.

## Award Divisions

### Soloists

Awards will be given to participants based on their overall placing, as well as placing in the following age groups.

Female	Male	Female	Male
13-14	13-14	45-49	45-49
15-17	15-17	50-54	50-54
18-19	18-19	55-59	55-59
20-24	20-24	60-64	60-64
25-29	25-29	65-69	65-69
30-34	30-34	70-74	70-74
35-39	35-39	75-79	75-79
40-44	40-44	80+	80+

Thank you to all Major Sponsors, Technical Support, and Volunteers.  
Free space available for camping for triathletes and families at Lake Van.  
RV hookups for fee, 1st come, 1st served.  
For further information contact:

Larry Marshall  
(575) 734-5415 day  
(575) 734-5310 FAX

e-mail: [lmarshall@fbfs.com](mailto:lmarshall@fbfs.com)  
Website: [www.milkmantriathlon.com](http://www.milkmantriathlon.com)

## Qualify For

**Best of the US Championship**  
**Best of the US National Championship**  
Alabama Coastal Triathlon  
September 10, 2011  
Gulf Shores, AL  
**1st NM Amateur Male**  
**1st NM Amateur Female**

## Mixed Relay

Each team must be composed of 3 people. One member must be of the **opposite sex**. Relay division will be based on team's average age as of race day. Soloists may also swim on a relay, only subject to solo fees. Awards will be given in the following age groups.

13-18 19-29 30-39 40-49 50-69 60+

P.S. If you want to play and are having trouble finding a team, please give us a call, early—(575) 734-5415.

**Remember Entry Deadline...5:00 p.m. June 1, 2011**  
To help us prepare for a great fun-filled race,  
please enter early.