

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

25th Annual Milkman Triathlon

Rocky Mountain Regional Championship

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 6, 2009 • 8:00 a.m. • Dexter, New Mexico

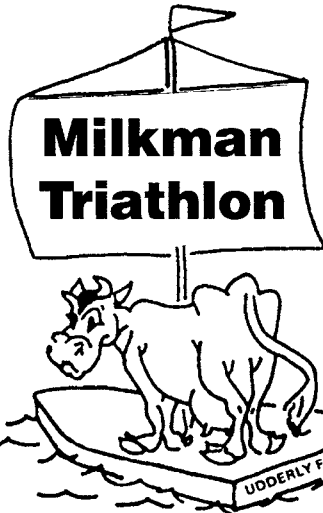
Swim 0.5K Bike 20K Run 5K



Qualify For:

Best of the US
National Championship

Orange County International Triathlon
Mission Viejo, CA
September 22, 2009



Qualify For:
Age Group Nationals

Tuscaloosa, AL
August 22, 2009

Select Milk Producers, Inc.

320 West Hermosa Drive
Artesia, NM 88210
(575) 746-6698



Town of Dexter • Dexter National Fish Hatchery • Roswell Runners Club



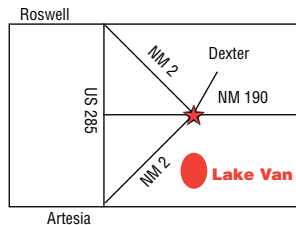
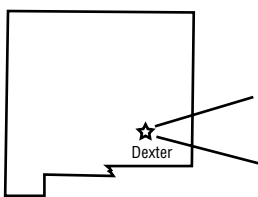
Chaves County
Farm & Livestock Bureau



Milk. A part of everything
that's good.



H&R BLOCK



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



DETACH

2009 MILKMAN TRIATHLON ENTRY FORM

(Please print carefully)

Enter early for best race day results • Entry Deadline - 5:00 p.m. June 3, 2009

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

- Athena
- Clydesdale
- First ever triathlon as soloist

Name _____ Birthdate _____ Age as of 12/31/09 _____
Address _____ Male Female
City _____ State _____ Zip _____ *USAT# _____
Telephone () _____ T-shirt Size (circle one) 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	\$40.00	_____
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)	\$48.00	_____
Single Event Permit (subtract \$10 for each \$30.00 annual member)	+	_____
Average age of team	Total	_____

Name of: Swimmer _____
Biker _____
Runner _____

**No relay substitutions
after entry deadline
(June 3, 2009
5:00 p.m.)**

General

The Milkman Triathlon, 25th 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 sportmanship, 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 Lakeside Cafe 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) Ansi or Snell bicycle helmet must be securely fastened and worn at all time on the bicycle. Penalty outside transition = DQ; inside transition = 30 second 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 1 minute penalty per call.
- 7) Stay right, except to pass. Crossing center of road is a disqualification.
- 8) Cattle Guards - one on course. It will be covered but care is urged to maintain control.
- 9) Heed signs on course regarding 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) No headphones.

SPONSORED IN PART BY
Roswell Lodgers' Tax

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 5, 2009 - Lake Van, Dexter, NM

5:00 - 8:00 PM Race Packets will be available including USA Triathlon license check.
No-host dinners can be purchased at local restaurants.
Bring USAT License, photo ID, sign waiver

Saturday, June 6, 2009

6:00 AM License Check resumes. Race Packet distribution continues. Bring USAT License, photo ID, sign waiver.
Bike corral opens.
Body numbering starts.
7:15 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. 25th 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

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.
No RV hookups. Post-race showers will be available.
For further information contact:

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

e-mail: lmarshall@fbfs.com or brittany.hazelbaker@fbfs.com

Qualify For

USAT National Championship
Tuscaloosa AL
August 22, 2009
**10% of athletes per age group,
male and female.**

Best of the US Championship
Best of the US National Championship
Orange County International Triathlon
September 22, 2009
Mission Viejo, CA
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 3, 2009
To help us prepare for a great fun-filled race,
please enter early.