

Swim/Run

r·AQUA·thon

SUNDAY, MARCH 5TH, 2017 | CLAY MADSEN RECREATION CENTER | First Heat at 7:30am

The Round Rock rAQUA-thon offers an encouraging atmosphere for beginner athletes while also providing a consistent course for those seasoned athletes wishing to track improvements or get in a sprint workout. This Swim/Run event is designed to be fun, relaxed and non-intimidating for ages 7+. It starts and finishes at the Clay Madsen Recreation Center.

The first 125 registered participants will receive event swag.

Course: Snaked swim course at the Clay Madsen Recreation Center indoor pool and a looped run course on the Greater Lake Creek Trail System.

Age Divisions: 7-8, 9-10, 11-14, 15-24, 25-34, 35-44, 45-54, 55 & over. See back for specific swim/run distances per age division. You will be grouped by your age as of 12/31/17.

Awards: Awards will be given to the top overall male and female finishers and the top three finishers in each age division.

Parking: Limited event parking will be located on site. Additional parking is available at the Shops of Turtle Creek.

**Register below or online at:
www.RoundRockTexas.gov/rAQUAthon or
www.RoundRockRecreation.com**

Last Name: _____ First Name: _____ DOB: _____ Age: _____ Sex: M / F
(as of 12/31/17)
Address: _____ City: _____ State: _____ Zip: _____
Phone: (_____) _____ Email Address: _____

Pre-Registration (ends March 1)

_____ \$30 (ages 7-14) _____ \$40 (ages 15+)

Course Code: 1530 Course Code: 1540

T-Shirt Size (please circle one):

Adult: Small Medium Large X-Large XX-Large

Youth: Medium Large

Event Day Registration (March 5 only
available at the Clay Madsen Recreation Center)

_____ \$40 (ages 7-14) _____ \$50 (ages 15+)

Estimated swim time for seeding: _____
(see back "Seeding" section for details/distance)

WAIVER OF CLAIM MUST BE SIGNED:

I waive all liability of personal harm arising out of my participation in
Parks and Recreation programs and accept responsibility for it.

Participant Signature: X _____ Date: _____

If participant is under 18, Parent or Guardian must sign



DATE, TIME, & PLACE

Sunday, March 5th, 2017 at Clay Madsen Recreation Center, 1600 Gattis School Road, Round Rock, 78664. **Check-in/Event Day Registration will be from 6:00-7:00am. The 7-8 years age group participants will begin at 7:30am with a staggered start. Please note this is a change from previous years.** The swim portion will take place in the six lane indoor pool and the run will take place on the Greater Lake Creek Trail that begins right behind the recreation center with easy access to and from the pool.

REGISTRATION

Pre-Registration (Ends March 1)

\$30 (ages 7-14) \$40 (ages 15+)
Course Code: 1530 Course Code:1540

Pre-Registration is available at:
www.RoundRockTexas.gov/rAQUAthon
www.RoundRockRecreation.com
Clay Madsen Recreation Center, 1600 Gattis School Road, Round Rock, 78664
Parks & Recreation Office, 301 W. Bagdad, Ste. 250, Round Rock, 78664

Event Day Registration (March 5, only available at the Clay Madsen Recreation Center)

\$40 (ages 7-14) \$50 (ages 15+)

Make checks payable to: City of Round Rock
No Refunds

PACKET PICKUP

The first 125 registered participants will receive event swag. **Packet pickup will be from 6:00-7:00am on Sunday, March 5th** at the Clay Madsen Recreation Center, 1600 Gattis School Road, Round Rock, 78664. Packets will not be mailed.

PARKING

Participants and spectators are asked to park in front of CMRC as well as utilize the parking lot to the west of the facility. Additional parking will be available at the Shops of Turtle Creek.

SEEDING

An estimated finish time for your swim distance is required for seeding purposes. It's VERY important to put down an accurate time on your entry form, as padding your time makes others have to swim around - or over - you. Participants that pre-register, but fail to provide an estimated finish swim time, and event day registrations will be launched at the end of their swim distance. See age groups below.

<u>Age Division</u>	<u>Swim</u>	<u>Run</u>
7-8 years	50 Yards	1K
9-10 years	100 Yards	1K
11-14 years	200 Yards	2K
15+ years	200 Yards	5K

EVENT DAY PROGRESSION DETAILS

Participants will check-in or register for the event from 6:00-7:00am on event day. Once checked-in, participants will receive their packet, time chip, body markings and race bib and be directed to the outside transition zone to set up their area. All participants must go through check-in or event day registration prior to entering the transition zone. The pool will be available for warm up from 6:00-7:00am. **Beginning at 7:00am, the 7-8 years age group will begin staging for a 7:30am launch. Please note this is a change from previous years.** Staging for subsequent age groups will begin immediately after the last participant in the previous group exits the staging area.

TRANSITION/SPECTATOR ZONE RULES

We ask all spectators to respect the event team and volunteers that are conducting this event, and most importantly the participants competing. There will be designated zones for spectators and we ask everyone to please honor those markings. The transition zone will be accompanied by volunteers that will assist any athlete as needed. Parents and spectators are prohibited from the transition zone.

For more information, contact
J.J. Lillibridge, 512-671-2704, jlillibridge@roundrocktexas.gov