

Swim/Run

r-AQUA-thon Multi-Sport Series

SATURDAY, MARCH 7TH, 2015 | CLAY MADSEN RECREATION CENTER | First Heat at 7:30am

The Round Rock r-AQUA-thon Series is designed to be fun, relaxed and non-intimidating and 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. The inaugural event is a Swim/Run that starts and finishes at the Clay Madsen Recreation Center.

The first 350 registered participants will receive a t-shirt, water bottle and 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, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over. See back for specific swim/run distances per age division.

Awards: Finishing medals will be awarded to participants ages 7-14. Prize packages will be given to the top overall male and female finishers. The top three finishers in each age division will be recognized and times posted.

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 *24876

Last Name: _____ First Name: _____ DOB: _____ Age: _____ Sex: M / F (as of 3/7/15)
Address: _____ City: _____ State: _____ Zip: _____
Phone: (_____) _____ Email Address: _____

Pre-Registration (ends March 4)
_____ \$20 (ages 7-14) _____ \$30 (ages 15-99)

T-Shirt Size (please circle one):
Adult: Small Medium Large X-Large XX-Large
Youth: Medium Large

Late/Event Day Registration (March 5-7, only available at the Clay Madsen Recreation Center)
_____ \$30 (ages 7-14) _____ \$40 (ages 15-99)

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

Saturday, March 7th, 2015 at Clay Madsen Recreation Center, 1600 Gattis School Road, Round Rock, 78664. Check-in/Late Registration will begin at 6:00am. The 15-99 age group participants will begin at 7:30am with a 10 second staggered start. 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 4)
\$20 (ages 7-14) \$30 (ages 15-99)

Pre-Registration is available at:
www.RoundRockTexas.gov/rAQUAthon
www.RoundRockRecreation.com *24876
Clay Madsen Recreation Center, 1600 Gattis School Road, Round Rock, 78664
Parks & Recreation Office, 301 W. Bagdad, Ste. 250, Round Rock, 78664

Late Registration (March 5-7, only available at the Clay Madsen Recreation Center)
\$30 (ages 7-14) \$40 (ages 15-99)

Make checks payable to: City of Round Rock
No Refunds

PACKET PICKUP

The first 350 registered participants will receive a t-shirt, water bottle and swag. Packet pickup will begin at 6:00am on Saturday, March 7th 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.

For more information, contact
Drew Chatman, 512-341-3367,
dchatman@roundrocktexas.gov or
J.J. Lillibridge, 512-671-2704,
jlillibridge@roundrocktexas.gov

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 late registrations will be seeded at the end of their age group. See age groups below.

<u>Age Division</u>	<u>Swim</u>	<u>Run</u>
15-70 & over years	200 Yards	5K
11-14 years	200 Yards	2K
9-10 years	100 Yards	1K
7-8 years	50 Yards	1K

EVENT DAY PROGRESSION DETAILS- 6:00am

Participants will check-in or register for the event beginning at 6:00am on event day. Once checked-in, participants will receive their packet, time chip, race numbers, and race bib and be directed to the outside transition zone to set up their area. All participants must go through check-in or late registration prior to entering the transition zone. Beginning at 7:00am, the 15-99 year age group will begin staging for a 7:30am launch. 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.

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