

# Sponsors:

Winner's Circle &  
Official Race Sponsor



**Platinum**

**Neel, Crafton & Phillips, LLP**  
*Certified Public Accountants  
Business Consultants*



**Chi Rho  
Chiropractic**  
Health & Wellness Center



**Gold**

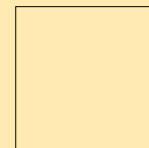
53x11 Coffee  
Arnett Law Office  
Ervin Cable Construction, LLC  
G&E Productions DJ Services  
Mister B's Pizza & Wings  
Pamco Custom Screen Printing and Embroidery

[www.getfitky.com](http://www.getfitky.com)



Get Fit Kentucky  
425 West Young St.  
Morganfield, KY 42437

*Get Fit KY  
Triathlon*



United Community Bank  
presents

◀ **2010** ▶

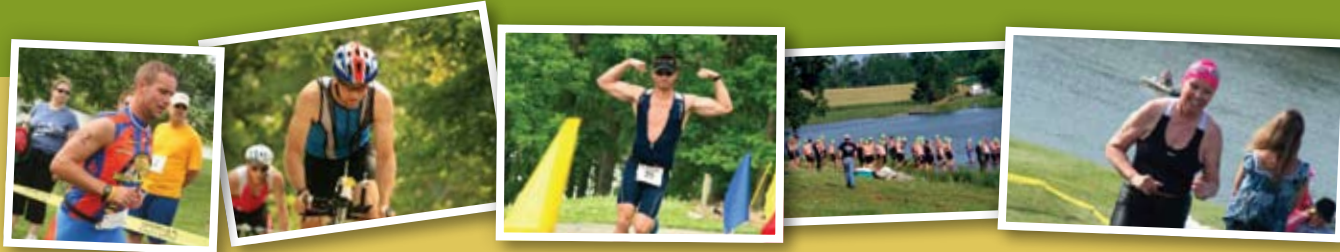
# Get Fit KY Triathlon

**Saturday, June 5th**



[www.getfitky.com](http://www.getfitky.com)





# 2010 Get Fit Triathlon

welcomes athletes from across the Tri-State to Moffitt Lake.

## Entry fees:

	Early registration	Beginning May 1
Sprint Distance:	\$50	\$65
Relay Team Distance:	\$70	\$85

## Distances:

### Sprint

The Sprint is a short course race featuring a .31 mile swim, a 17.1 mile bike and a 3.1 mile run.

### Relay Team Competition

The Relay Team Competition consists of different athletes each taking one leg of the event featuring a .31 mile swim, 17.1 mile bike and a 3.1 mile run.

## Check-in:

All check-in times are reflected as central standard time.

- Saturday on-site registration from 6-7:45 a.m. at Moffitt Lake, Picnic Pavillion
- All participants will receive a T-shirt and a "goodie bag" upon registration.
- Mandatory pre-race meetings will be held at 7:45 a.m. before the race. Triathlon starts at 8 a.m.

## Courses:

Swim conditions may vary and the race could potentially be cancelled for lightning.

### - Get Fit Kentucky .31 mile open water swim

The Get Fit Kentucky .31 mile swim will take place in the beautiful Moffitt Lake. This will be a wave start. The course consists of one triangle shape that goes out, then across parallel with the shore, and then back to the entrance. There will be 2 large orange buoys that will be set at the corners. There will be a number of professional divers and a safety craft throughout the course of the swim. You will exit the swim and proceed up the hill to the transition area. The normal water temperature for this time of the year is 67-70 degrees and clear.

### - Get Fit Kentucky 17.1 mile bike:

The Get Fit Kentucky 17.1 mile bike course is one of uniqueness, beauty, rolling hills and one very memorable climb, but we are sure you will pay more attention to the beauty of the green countryside. This course is a 17.1 mile loop and towards the middle to last part of your ride you will encounter pray hill... this is sure to be a memorable bike course

### - Get Fit Kentucky Run Course 3.1 miles

The Get Fit Kentucky run course consists of 3.1 mile out and back that takes you off road for a short time to see the back side of the lake, but for the majority of the run you are on concrete. The course has rolling hills, but has a beautiful view of the lake to help take your mind off the pain! The finish line is a loop that will give you ample opportunity to see your loved ones and have some amazing photo shots.

### - Aid Station on the Run:

The aid station on the run will be placed at the half-way point. Water, Hammer Endurance formula, Hammer Nutrition gels, and fruit will be available.

# Super Saturdays:

Get Fit Kentucky wants to invite you to train as a group on the race course on what we call our "Super Saturdays!" Beginning April 24, 2010, we will be hosting training days that will allow you to train and become familiar with the race course. You can come at any of the given start times, however, please note some exceptions. The dates and times are as follows:

### April 24

Course Overview and Training

Swim will begin at 8:00 am. (Wet suits are suggested!) Shallow water short swim; parallel to beach. Bike will begin immediately after swim (This will be an easy group ride, where you will meet "the hill"). Run will begin immediately after bike. (3.1 mile training run)

### May 1

Swim area will open at 8:00 am (there will not be any lifeguards or rescue divers; we suggest a wetsuit) Shallow water short swim; parallel to beach. Bike/Run brick begins immediately after swim (we will transition from the bike straight into the run).

### May 8

Swim area will open at 8:00 am (there will not be any lifeguards or rescue divers; we suggest a wetsuit) Shallow water short swim; parallel to beach. Bike will begin immediately after swim, this ride will include a 4 mile ride to the hill, 3 hill repeats, then a 4 mile ride back to Moffitt's. Run begins immediately after bike.

### May 15

Swim training will be the emphasis beginning at 8:00 am. The full swim course will be set up, Wet Suits are suggested! Bike/Run brick begins immediately after swim (we will transition from the bike straight into the run).

### May 22 and May 29

Full Course!!! We will be timing! Start time will be at 8:00 am. No first time swimmers! We will not have lifeguards or rescue divers! You can still participate in the bike and run portion, just show up at the swim start time.

Most of the training will begin at 8:00 am and will end by 11:00 am. The park will be closing to us at 11:00 am. Please meet in the transition area for all of the trainings! (Transition area is close to the playground.)

If you have any questions or concerns, please feel free to contact Carrie at 270-952-4773 or by email [carrie@getfitky.com](mailto:carrie@getfitky.com)



## Check-in:

All check-in times are reflected as central standard time.

- Saturday on-site registration from 6-7:45 a.m. at Moffitt Lake, Picnic Pavillion
- All participants will receive a T-shirt and a "goodie bag" upon registration.
- Mandatory pre-race meetings will be held at 7:45 a.m. before the race. Triathlon starts at 8 a.m.

## USAT:

The 2010 Get Fit KY Triathlon is sanctioned by USA Triathlon and all athletes must show proof of current USAT membership or must purchase a one-day, \$10 USAT permit at check-in. A photo ID is required at check-in.

## RULES:

For a complete list of USAT Triathlon rules, please go to the USAT link at [www.getfitky.com](http://www.getfitky.com)

## AWARDS:

Every participant will receive a participant medal. Prizes will be awarded to first through third place overall winners in each category and in each age group.



## Directions:

### From Louisville, KY:

take 64 W crossing into Indiana for approx. 98 miles, merge onto I-164 S. via exit 29 A towards Evansville/Henderson, KY.; Take the US-41 S exit 0 toward Henderson, KY; merge onto 41 S crossing into KY; merge onto US 60 W via exit 81 B toward Henderson, KY; 60 W will bring you into Morganfield.

### From Mattoon, IL:

Merge onto I-57 S. 92.6 miles; Take I-64 E toward Louisville. 32.2 m; Take the US-45 exit- exit 110- toward Norris City / Fairfield. 0.3 m; Turn right onto US-45. 20.1 m; Turn right onto US-45 BYP / E Main St. <0.1 m; Turn left onto S Division St. / US-45. 1.0 m; Stay straight to go onto 250 E / IL-1. Continue to follow IL-1. 16.3 m; Turn left onto IL-13. 8.8 m; IL-13 becomes S 2nd Cross St. (into KY) 0.2 m; S 2nd Cross St. becomes KY-56 which will bring you into Morganfield.

### From Nashville, TN:

Take 24 West toward Clarksville, TN; Take the US 41 alt exit Exit 86 toward Pennyryle Parkway / Ft. Campbell / Hopkinsville; Merge onto US 41 alt N. toward Hopkinsville; Merge onto Edward T. Breathitt Pennyryle Parkway N. toward US 41 Truck/Madisonville/Henderson; Merge onto KY-425 / Henderson BYP via Exit 76 toward US-60 W / Morganfield; Turn left onto US-60 / S Green St. Continue to follow US-60 which will bring you into Morganfield.



# 2010 GET FIT KY TRIATHLON – ENTRY FORM

- Please fill out this form completely. Missing information may delay official entry
- Please note: USAT uses the "Age-up" rule. Please use the age you will be on 12/31/2010

**Race Date: Saturday, June 5th, 2010**

Make Checks payable to: **Get Fit KY**

Send with signed entry to:



First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Sex: Male \_\_\_\_ Female \_\_\_\_ Email \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ Medical Problem \_\_\_\_\_

Are you planning to stay in a hotel or similar overnight accommodation? Yes \_\_\_\_ No \_\_\_\_

(Please Attach Explanation)

USAT Triathlon Membership or Permit required to participate in the Get Fit KY Triathlon. For USAT Information visit [www.USATriathlon.org](http://www.USATriathlon.org)

I will be a current USAT member on race day. I will show my card at race packet pick-up.

My 6-digit number is \_\_\_\_\_

I will contact USAT and become a new member by race day and will provide my member number & show my card at race packet pick-up.

I do not wish to join USAT and will pay the indicated race entry fee that includes the single-event permit fee of \$10.

**Please Check One Below:** (Race maximum: 300 Participants)

Cancellation: No refunds issued after May 5th, 2010.

Sprint Distance (.31 mile Swim – 17.1 mile Bike – 3.1 mile Run)

\$50 – Early Bird Registration (March 1 – April 30, 2010)

\$65 – Race Registration (May 1 – June 5, 2010)

Athena

Clydesdale

Age Group

Relay Team Competition (distance only)

\$70 – Early Bird Registration (March 1 – April 30, 2010)

\$85 – Race Registration (May 1 – June 5, 2010)

Team Name/Team Members: \_\_\_\_\_

READ CAREFULLY BEFORE SIGNING: I acknowledge that prior to completing registration, I will be required to show proof of identification and proof of USAT membership or receipt for a current USAT one-day permit and sign the Get Fit KY Triathlon Acknowledgement Waiver and Release From Liability form and Event Swim Waiver form. I also acknowledge that I am aware that failure to do so at time of registration will disqualify me from competing in the event. I also acknowledge that there are no refunds. Transfer of an entry is at the discretion of Get Fit KY.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_ for 17 years and younger

### T-Shirt Sizes:

S

M

L

XL

Other