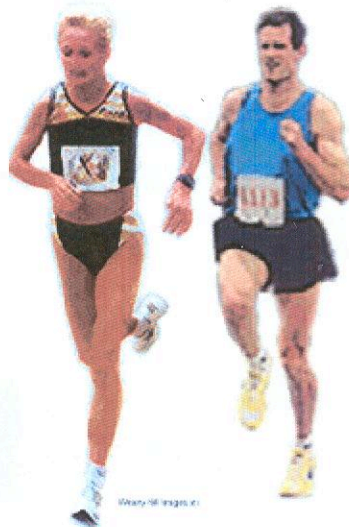


# 18th Annual Sweetwater Triathlon and 5K Fun Run

Swim - 200 yards  
Bike - 10 miles  
Run - 5K (3.1 miles)  
June 3, 2012

Sweetwater Creek State Park  
Lithia Springs, Georgia

Sponsored by Kiwanis Club of  
Douglas County, Georgia



**Time:** Check in/Late Registration, 7:00 a.m., Shelter #3  
Triathlon starts at 8:30am  
5K Fun Run starts at 8:00am

**Place:** Sweetwater Creek State Park  
Register at Picnic Shelter # 3  
First event (Swim) begins at boat ramp

5K Fun Run starts at Shelter #3

**Distance:** Swim - 200 yards  
Bike - 10 miles  
Run - 5K (3.1 miles)

**Entry Fee:** Triathlon  
\$45 through May 17, 2012  
\$55 after May 17, 2012

5K Fun Run  
\$20 through May 17, 2012  
\$25 after May 17, 2012



 **Register Now**

**Course Description:** Lake Swim  
Bike Course - Road  
Run Course - Combination Road and Trails all inside State Park

**Age Groups:** 15 & under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

**Awards:** Three deep: male and female in all categories, with overall male and female winners.  
Teams: Three deep, no age groups: male, female, coed. Team participants register separately.

**Amenities:** Water on course and refreshments at finish

**T-Shirts:** Provided race day at registration table

**Sponsors:** Kiwanis Club of Douglas County, Georgia

**Directions:** I-20 West from Atlanta to Exit 41 (Lee Road). Go south on Lee Road approximately one mile and turn left on Cedar Terrace Road. Follow Cedar Terrace Road until it dead ends into Mt Vernon Road. Turn right and follow signs to registration.  
PLEASE NOTE: A state park fee of \$5 will be payable to the park upon arrival. The fee may change without notice.




**Contact:** Call John Sell at 770-745-2501 or e-mail [jsell@southernco.com](mailto:jsell@southernco.com)

**Mail-in Registration Form  
Sweetwater Triathlon  
June 3, 2012**

**Make checks payable to:**  
Kiwanis Club of Douglas County

**Mail entry form to:**  
Kiwanis Club of Douglas County  
PO Box 69  
Douglasville, GA 30133

FILL OUT THIS FORM, PRINT IT, SIGN IT, MAIL IT

|   |   |                                     |   |    |     |
|---|---|-------------------------------------|---|----|-----|
| Check your event:   | Sweetwater Triathlon <input type="checkbox"/>                                       | 5K Fun Run <input type="checkbox"/> |   |    |     |
| Name:   |   |                                     |   |    |     |
| Address:  |   |                                     |   |    |     |
| City, State, Zip:   |   |                                     |   |    |     |
| Daytime phone:  |   |                                     |   |    |     |
| Date of birth:  |   |                                     |   |    |     |
| Age on race date:   |   |                                     |   |    |     |
| Email Address:  |   |                                     |   |    |     |
| Team Name:  |   |                                     |   |    |     |
| Circle your gender:   | MALE  | FEMALE                              |   |    |     |
| Circle t-shirt size:  | S   | M                                   | L   | XL | XXL |
| Triathlon \$45 until May 17, 2012   |   |                                     | 5K Fun Run \$20 until May 17, 2012  |    |     |
| Triathlon \$55 after May 17, 2012   |   |                                     | 5K Fun Run \$25 after May 17, 2012  |    |     |
| Entries limited to 250 participants   |   |                                     |   |    |     |
| Entry confirmed upon receipt of payment   |   |                                     |   |    |     |
| Packet pick up at 7:00 am on race day   |   |                                     |   |    |     |
| <b>Waiver must be read and signed before mailing:</b>   |   |                                     |   |    |     |
| I know that triathlon racing is a potentially hazardous activity. I should not enter or participate in this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the triathlon. I assume all risks associated with competing in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the event, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable. |   |                                     |   |    |     |
| Signature   | Date  |                                     | Parent's Signature if under 18  |    |     |
|    |  |                                     |  |    |     |
| <a href="http://www.coolrunning.com">www.coolrunning.com</a> is the complete online resource for runners.   |   |                                     |   |    |     |