

4th Annual Bass Ackwards Tri-Training Day and BBQ



Saturday, October 18th - 7:45 AM
Check-in 7:00 to 7:30 AM



Run Bike Swim

Run 30 Minutes / Bike 60 Minutes / Swim... your guess is as good as ours?!?
Come on out and do one, two or all three events... it's a training day!

CHECK-IN: Show up at the Croix Park in Manvel by 7:00 am and sign-in at the registration desk. Race numbers will be assigned in the order you sign-up and your arms will be marked with your number.

THE RUN: 30 Minute Out & Back Challenge - Start Time, 7:45 AM

Turnaround stations will be marked every ½ mile from mile 1 to mile 2.5. You choose your turnaround station so that you can make it back to the start/finish line in under 30 minutes. Each station will have distance vouchers. You will pick up a voucher at your turn around station and cash it in for prize tickets.

THE BIKE: 60 Minute Out & Back Challenge - Start Time, hopefully by 8:30 AM

Turnaround stations will be marked every mile from mile 6 to mile 12. You choose your turnaround station so that you are back at the start/finish line in under 60 minutes. Each station will have distance vouchers. You will pick up a voucher at your turn around station and cash it in for prize tickets.

THE SWIM: Distance TBD - Start time, soon after everyone makes it over to the lake following the bike.

A single loop course at Twin Lakes. You give us an estimated time you think it will take you to finish the course and we write it down. You then swim the course in waves, tri-race style, trying to finish as close to your estimated time as possible. How close you are to your estimated time will determine the number of prize tickets you receive. Here's the catch... no watches allowed!

HOW THE RUN & BIKE WORK: To earn tickets for the prize drawing each participant **MUST FINISH UNDER 30 minutes** for the run and 60 minutes for the bike. If you go over the 30 or 60 minute time limits you will get a big DQ and can not cash in your voucher for prize tickets. Each run station is worth 2 tickets and each bike station is worth 1 ticket. *Example: If you ran to the 3rd run station (mile 2) and rode to the 5th bike station (mile 10) you would get 6 tickets for the run and 5 tickets for the bike for a total of 11 tickets.*

HOW THE SWIM WORKS: The swim is scheduled to start at 10:30ish. Waves of 20 will be sent off in the order you are numbered. We will capture your finish time **AT A STATION ON THE SHORE** and depending where it falls within the 3 minute buffer zone, you could earn up to 4 more prize tickets. **BUFFER ZONES** - 1, 2 & 3 minutes on each side of your estimate. Prize Ticket Payout: 0-1 minute = 4 tickets, 1-2 minutes = 3 tickets, 2-3 minutes = 2 tickets, and what the heck... well give you 1 ticket if just do the swim and really goof up on your time!

BBQ: We will start serving food at 11:00. There will be brisket, chicken, 2 sides, dessert and beverages.

PRIZES: The prize drawing will be held at noon with prizes ranging from HRTC t-shirts and socks to sponsor gift certificates.

COST: Free to all HRTC members. Each member is allowed one guest. You must have your 2008 HRTC Membership Card to show at the Twin Lakes gate or be prepared to pay the \$5 entry fee.

QUESTIONS: Feel free to contact Ken at livepsn8ly@yahoo.com