

Register online today @ www.issaquahtri.com

Arbor Schools' 8th Annual



**Race Day:
Saturday
May 31, 2008**

**Lake
Sammamish
State Park**

Issaquah, WA

Post race food includes home-baked cookies (by Arbor Schools Families) and hot Johnsonville Brats!



Sprint Triathlon

- Great season kick-off for experienced triathletes
- Flat and short for first-timers
- 1/4 mile swim, 14.5 mile bike, 3.5 mile flat run
- Secure transition area
- Start time: 7am

5K Run/Walk

- Cross-country style course
- Scenic flat trails through Lake Sammamish State Park
- Fun for runners and walkers alike
- Start time: 8:30am

Kids Tri

- Perfect for the younger athlete
- Finisher awards for all kids
- 100 yard swim, 3 mile bike, 3/4 mile run(10-12yr)
- 75 yard swim, 2 mile bike, 1/2 mile run(6-9yr)
- Start time: 9:30am

Detailed course maps and info @ www.issaquahtri.com

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