



1ST ANNUAL SUGARMAN TRIATHLON AT SUGAR MILL POND

101 WATERVIEW ROAD, YOUNGSVILLE, LOUISIANA

SUNDAY, OCTOBER 4, 2009

RACE BEGINS AT 8 AM

PROCEEDS TO BENEFIT

JACOB CROUCH FOUNDATION – www.injacobsmemory.org –



& BRIDGE MINISTRY OF ACADIANA – www.bridgeacadiana.com -



PLEASE JOIN US FOR A DAY OF RACING AND FUN FOR THE ENTIRE FAMILY AS WE KICK OFF AN EVENT THAT WILL CREATE MEMORIES FOR ALL INVOLVED FOR YEARS TO COME.

A STRONG ACTIVIST FOR NEW URBANISM, SUGAR MILL POND, A TRADITIONAL NEIGHBORHOOD DEVELOPMENT, OFFERS A TRULY UNIQUE SETTING FOR THE RACING ENTHUSIAST. WHETHER A SEASONED VETERAN OR A FIRST TIMER, YOU WILL SURELY BE IMPRESSED.

JOIN US AS WE HOST A SPECTACULAR TRIATHLON CAPPED OFF WITH AN AFTERNOON OF GREAT FOOD, DRINKS, LIVE MUSIC AND OTHER FUN ACTIVITIES FOR RACE PARTICIPANTS AS WELL AS NON-RACE PARTICIPANTS.

OUR GOAL IS TO PROVIDE A WONDERFUL SETTING FOR FAMILY MEMBERS AND OTHER CURIOUS ONLOOKERS TO CHEER ON THE RACE PARTICIPANTS AS WELL AS PARTICIPATE IN THE CELEBRATION IMMEDIATELY FOLLOWING THE RACE.

RACE DETAILS

500 METER – SWIM / 15 MILE – BIKE / 3.1 MILE - RUN

I. REGISTRATION

Online registration at

http://www.active.com/page/Event_Details.htm?event_id=1755895&assetId=1992BE5F-81DF-4F61-9D36-DB9AFA635FE0

runs from July 15, 2009 thru October 1, 2009. Starting October 2nd & ending October 3rd, hard copy registration will be required in person at the City Club in River Ranch (337.406.2582) or the Welcome Center in Sugar Mill Pond (337.856.2323) between the hours of 8 am and 5 pm. Race Day registration will be allowed from 6:30 am until 7:30 am only.

II. REGISTRATION FEES

A.	Individuals:		
a.	July 15 th – September 14 th	-	\$40.00
b.	September 15 th – October 1 st	-	\$45.00
c.	October 2 nd – October 4 th	-	\$50.00
B.	Relay Teams:		
a.	July 15 th – September 14 th	-	\$80.00
b.	September 15 th – October 1 st	-	\$90.00
c.	October 2 nd – October 4 th	-	\$100.00

III. AGE GROUPS

(14 & Under; 15 – 19; 20 – 24; 25 – 29; 30 – 34; 35 – 39; 40 – 44; 45 – 49; 50 – 54; 55 – 59; 60 – 64; 65 – 69; 70 – 74; 75 – 79; 80 – 84; 85 & Up)

*Awards will be given for each age group.

IV. PACKET PICKUP

Please join us for packet pickup on Saturday, October 3, 2009 from 1:00 pm till 6:00 pm at the Sugar Mill Pond Welcome Center located at 101 Waterview Road, Youngsville, LA 70592. Please call 337.856.2323 for directions or visit the "LOCATION" page on the Sugar Mill Pond website. (sugarmillpond.com).

V. HOTEL INFORMATION

GROUP NAME FOR EITHER HOTEL – SUGARMAN

MUST CALL IN TO GET GROUP RATES

A. Carriage House Hotel & Suites – located in award winning development called The Village of River Ranch. 7.67 miles from race site. You can view hotel online at www.riverranchdevelopment.com and click on Carriage House. Reservation number is 866-657-8483. Please note there will be no blocking of rooms for Carriage House so please don't wait long to reserve. There will be discount rates available. The earlier you call to reserve the better the discount.

B. Comfort Inn & Suites – 146 Heritage Parkway, Broussard, LA 70518 – 5.48 miles from race site. Reservation phone number is 337.856.8887. We do have some rooms blocked. A group rate will apply.

