



BONNEY LAKE CHAMBER OF COMMERCE
"LABOR OF LOVE" TRIATHLON
SPRINT AND OLYMPIC DISTANCE
 Saturday, September 3, 2011
 Bonney Lake, Washington
 RFID Chip Timed Event



2011 Title Sponsor of the
 BuDu Racing Multi-Sport
 season



BuDu Racing is proud to pledge a portion of the registration fees to support the Juvenile Diabetes Research Foundation (JDRF). The mission of JDRF is to find a cure for diabetes and its complications through the support of research. Type 1 diabetes is an autoimmune disease that strikes children and adults suddenly, and can be fatal. Until a cure is found, people with type 1 diabetes have to test their blood sugar and give themselves insulin, every day of their lives. And even with that intensive care, insulin is not a cure for diabetes, nor does it prevent its eventual and devastating complications, which may include kidney failure, blindness, heart disease, stroke, and amputation.

- Registration** Participants must mail a standard entry form to (see pg 2):
Early registration must be received by August 20, 2011.
Registration received after August 20 must include the \$10 late fee. Registration limited to 500 participants. Online registration is available at <https://www.signmeup.com/73029>.
 Make checks payable to:
 BuDu Racing
 31405 47th Ave South
 Auburn, WA 98001
- Cost**

	On or before		Day of event registration, if available:
	Aug 20	After Aug 20	(please check website prior to coming)
Age group:	\$60**	\$70**	\$75**
Relay 2 person:	\$80**	\$90**	\$95**
Relay 3 person:	\$90**	\$100*	\$105**

**For non USAT members, please add \$10.00 to registration to cover cost for day of race license for each participant. Technical shirts will available at an additional fee.
- Registration Fee Includes Refunds** This price includes a finishers medal for each participant, post event food (which normally consists of bagels/bread, meats, cheeses, peanut butter and jelly, fruit and muffins; a 4x6 sponsor photo of you participating in the event (you will be able to select a photo of your choice from our photographers website); awards as appropriate and sponsor give away random prizes. BuDu Racing will allow a refund up to **one month** prior to the event (if registered online, there is a fee to refund). Up to **two weeks** prior to the event, a transfer to another BuDu Racing event is allowed, but NO refunds. **The week of the event**, there are NO refunds or transfers.
- Driving directions** With an online map, enter the following address for driving direction:
 Allan Yorke Park, Bonney Lake Blvd E and West Tapps Highway, Bonney Lake, WA
- Course** Olympic - Swim .9 Mile / Bike 22.2 Miles / Run 6.2 Miles Sprint - Swim .32 Mile / Bike 12.2 Miles / Run 3.1 Miles
- Course Description** Enjoy your "Labor of Love" triathlon with either a Sprint or Olympic distance race in beautiful Bonney Lake on Labor Day Saturday. Bask in the waters of Lake Tapps, pedal the back roads of Pierce County through rich farmlands, and run in the foothills all while enjoying breathtaking views of Lake Tapps and majestic Mount Rainier. Bonney Lake, a triathlete's dream race and reward for your years of labor.
- Packet Pick Up** **Early in the week prior to the event, you should receive a confirmation email that lists your bib number and registration email.** You are strongly encouraged to pick up your packet at Allen York Park, Friday night from 6-8pm. Packet pick-up and day of race registration will open on Saturday at 6:30am and close at 7:30am.

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For more information on this and other events visit our website at www.BuDuRacing.com



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Local Bike Shop **Bonney Lake Bicycle Shop**, 1406 Main St, Sumner, WA 98390, 253/863-5145

Start Time Olympic swim begins at 8:00am, Sprint will begin once the Olympic Swim is completed (around 8:45).

Finish Time You must be able to complete the course by noon.

Licensing USAT Sanctioned

Categories Standard USAT age group categories, including Clydesdale (men 200+lbs), Athena (women 150+lbs) and Relay.

Lodging

Best Western Park Plaza Puyallup, WA (253) 848-1500 http://www.bestwesternparkplaza.com	Holiday Inn Express Puyallup, WA (253) 848-4900 http://www.hiexpress.com/puyallup	Mt View Inn/Econo Lodge Buckley, WA (360) 829-1100 http://Econolodge.com
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Questions? Contact Info@BuDuRacing.com or 206/920-3983

Other Notes **USAT rules enforced. This includes wearing a HELMET at ALL times when on your bike. No headsets allowed.**

BUDU RACING REGISTRATION FORM – PLEASE PRINT LEGIBLY

Name _____ Age in 2011 _____ Date of Birth _____

Address _____ City _____ State _____ Zip _____

Email address _____ Gender Male Female Team name (list below) _____

Phone number _____ Cell number _____

Emergency contact name _____ Phone number _____

USA Triathlon Membership Number _____
 Note: you must have a valid membership card at packet pickup or pay the one-day fee for non-members. You can join at www.usatriathlon.org

I am not a member of USA Triathlon, I am including the one-day membership fee of \$10.
 Note for Relay Teams: if one teammate is not a member of USAT add just a single one-day membership fee of \$10.

All participants must sign the race AWRL at packet pickup. Transfers may be honored but no refunds.

Event Distance Olympic Sprint

I will be participating as in the following category:

Age Group Clydesdale or Athena Relay team (complete a form for each participant include relay name)

Total Payment included: _____ Pay by personal check
 Payable to: _____ **BuDuRacing**
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 Auburn, WA 98001

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Olympic

Swim - <http://www.mapmytri.com/route/united-states/wa/bonney-lake/979673792138>
Bike - <http://www.mapmyrun.com/run/united-states/wa/-bonney-lake/631123990602066031>
Run <http://www.mapmyrun.com/route/us/wa/bonney%20lake/999123992338426248>

Sprint

Swim - <http://www.mapmytri.com/route/united-states/wa/bonney-lake/914449322415>
Bike - <http://www.mapmyrun.com/run/united-states/wa/-bonney-lake/814123990655839559>
Run <http://www.mapmyrun.com/run/united-states/wa/bonney-lake/936123990401220727>

Maps are located on
www.MapMyRun.com

Bike (Olympic complete two loops)



Sprint Run



Olympic Run

