



# Stowe Triathlon

**500M Pool Swim • 14 Mile Bike • 5K Run**

**DATE** Sunday • June 9, 2019  
**TIME** 8:30am Start  
**PLACE** The Swimming Hole in Stowe, VT  
75 Weeks Hill Road, just off the Mountain Road (Route 108)

## REGISTRATION FEES

\$65 - Individual (*before May 24th*)  
\$80 - Individual (*on/after May 24th*)  
\$135 - Team of Two or Three (*before May 24th*)  
\$150 - Team of Two or Three (*on/after May 24th*)

## REGISTRATION DEADLINES

Friday, June 7, 2019 • 8:00am  
*To guarantee T-shirt entry must be received by Friday, May 24, 2019*  
*No Race Day Entries*

## QUESTIONS?

Email [jbradley@theswimmingholestowe.com](mailto:jbradley@theswimmingholestowe.com) or call 802.253.9229  
*Registration fees are non-refundable.*  
Check out our website at [www.theswimmingholestowe.com](http://www.theswimmingholestowe.com) for course maps.

## EVENT DETAILS

7:00 - 8:00am Race Packet Pickup • Registration Tent

8:00am Race Meeting • Registration Tent  
*Check your heat number & lane*

8:30am **START** • Front Door  
Pool Swim • 500M, *Timed Heats*  
Bike • 14 Miles, *Pursuit Format*

*(Each person will start at the exact time their swim time appears on the main race clock.  
The main clock will start 5 minutes after the last person exits the pool in the last heat.  
If you swam 9:38, then you'll 'start' when the main clock says 9:38)*

Run • 5K

## PRIZES

Product Prizes to First Male & Female Overall, Top Team Finishers, 1st Place in Each Category and Fastest Male & Female Swimmer.

*Awards will follow shortly after the last finisher. Brought to you by these great sponsors, and more...*