



5th Annual Steelman Triathlon

August 09, 2009 at Nockamixon State Park



Both Sprint and Olympic distances

Sprint 800 yd. Swim - 12.8 Mi. Bike - 5K Run (3.1 mi.)

Olympic 1600 yd. Swim - 24.6 Mi. Bike - 10K Run (6.2 mi.)

Pristine lake swim, bike course 4 lane highway closed to traffic, run is shaded and flat on paved trail - Perfect for your first race or PR

Awards for each race: Top 3 OA Male/Female

3 deep in 5 year age divisions from 13 to 80+

Relay Top OA teams in Male / Female / Coed divisions

Award winning post race party, food, music, & giveaways

Every athlete receives an Official Steelman Transition Bag ,
Commemorative Steelman Finisher Towel and Sponsor Goodies

For additional information & registration go to:

<http://www.steelmantriathlon.com>

Contact Dale the Race Director at dale@steelmantriathlon.com

Race organized "by triathletes for triathletes"

"Awesome course.. savory food.. excellent tunes ! Triathlete Magazine"

Proceeds will benefit the Make a Wish Foundation

