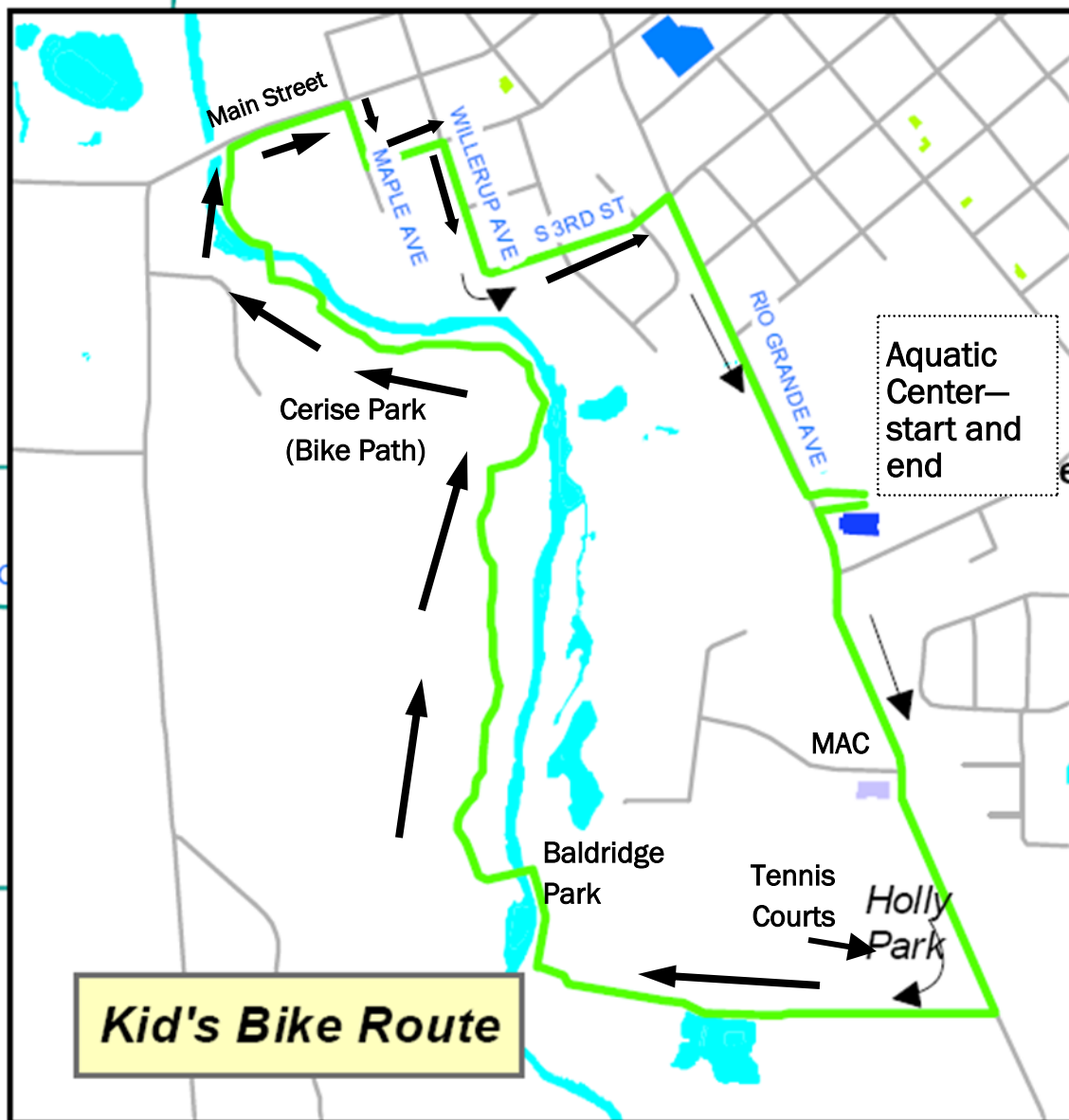


School Cup Triathlon 2010

Bike Route



School Cup — 1 Lap around course—3 miles

Directions: Leave Aquatic Center. Take left on Rio Grande. Take a right past the tennis court down toward Baldrige Park—hop on bike path. Follow Bike Path through Baldrige, over the river. After the river, bear right on the bike path and proceed through Cerise Park. At Main Street, take a right. Take first right on Maple Street. Take first left and then take first right onto Willerup until it dead ends. Take a left on S.W 3rd. Cross railroad tracks. Take right onto Rio Grand and return to Aquatic Center.

Welcome to the Black Canyon School Cup Triathlon. We are thrilled that you are participating with over 100 other students! Please be at Aquatic Center at 6:30am—Saturday AM!

Goal of the School Cup: *To encourage children and their families and friends to be more physically active.*

Guidelines (Please Read Closely):

- It is the responsibility of the team members to know the course. If a team member does not complete the course, the team will be disqualified.
- Participants may be any age up to grade 5.
- School Cup participants may be 1, 2 or 3 member teams.
- Ideally teams are from one school. However, if this is not the case, the trophy plaque will be divided time wise between schools. Montrose and Olathe area home schooled children and those from non public schools are welcome to participate.
- If a team is comprised of members from different grades, they will be competing in the grade of the highest grade participant.
- Family and friends are encouraged to participate in biking and running. This is especially true for the younger participants!
- Bikers stay on the right side of the sidewalk, except to pass. Watch out for sharp turns.
- Scholarships are available so no child will be denied participation due to financial constraints.

- No help from non-team members is allowed with ankle bracelet transitions.
- Attendance at the Pre-Race Meeting on Thursday evening is highly encouraged for all team members. The course for the triathlon will be reviewed as well as important information regarding procedures.
- The entire School Cup event will be completed by 8:30 am, prior to the start of the Black Canyon Sprint Triathlon, so there should be minimal conflict with other activities of the day.

Changes for this Year

- We will including only students through fifth grade.
- There will be only one course distance.
- We encourage middle school and high school students to participate in the Black Canyon Sprint Triathlon as an individual or a team not with the School Cup. More information can be found: <http://www.bctri.com>
- We will start the triathlon with the older triathletes then the younger ones.

**School Cup Triathlon 2010
Run Route—1.2 miles**

