

Shortest Triathlon Ever

Emeryville's Ultra Sprint Triathlon
April 17, 2010



presented by:

BOSS

BAY AREA ORTHOPAEDIC
SPORTS & SPINE



**This race is so short,
ANYONE can do it!**

100 yd SWIM

warm school swimming pool

2.5 mi BIKE

flat ride through Emeryville

2.1 mi RUN

fun course through Bay Street

What

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Who's invited

The whole family

Those ready for their first triathlon

Seasoned athletes warming up for
the season

Saturday, April 17, 2010

6:30 am PRE-RACE

- Registration and check-in at City Hall - 1333 Park Ave in Emeryville
- Cyclists will obey the motor vehicle codes as they make their way over to the starting point at 47th and San Pablo at Emery Secondary School.
- Bike racks available at City Hall and the school.

8:00 am START

- Swim at Emery Secondary School
- Bike through Emeryville
- Run up to Bay Street and back to City Hall

8:30 am POST-RACE

- Health & Wellness Fair
- Outdoor Breakfast
- Chair massages, health assessments, yoga, juice bar & More!
- Awards at City Hall

Register online at www.sportdrs.com

