## First Annual To The Limit Triathlon

Location: To The Limit Fitness

Date: May 6<sup>th</sup> 2018 Start time: 6:05 AM

Welcome Banquet, Saturday evening May 5<sup>th</sup>, Celebration Day/Awards Banquet May10th.

About: The course in Boulder offers everything that athletes love: amazing views, a bit of a challenge to brag about, and a finish line party to celebrate your accomplishment. Boulder, CO is a triathlon town, competing here gives you the chance to race with and be cheered on by some of triathlon's greatest. The community support is infectious and will make those final miles that much sweeter.

Early Registration: \$100 before March 1, 2018

Registration: \$130 (after March 1 but before April 1, 2018)

Late Registration: \$150 (after April 1 to day of event – may not include all

registration items.

VIP Registration (includes access to hospitality suite, specialized apparel, and meet & greet with Lisa Uhl ).

# Registration Includes:

- Backpack
- Welcome Banquet Ticket
- Celebration Day/Awards Banquet Ticket
- Post-Race food
- Beverages and nutrition snacks during race
- T-shirt (allow to choose size on registration form XS, S, M, L, XL, 2XL)
- Event Poster

Register as an individual or as a team:

# Individual:

- \* Required items
- \* First Name \* Last Name
- \* Street Address
- \* City, \* State (use a drop-down for State), \* Zip.
- \* Email
- \* Phone

As a Team: Team includes contact person and Up to two other team members. Only one team member for each activity (run, bike or swim). Add \$30 for each additional team member

\* Team Name

Team Contact:

- \* First Name \* Last Name (choose one) swimmer, runner, or cyclists
- \* Street Address

- \* City, \* State (use a drop-down for State), \* Zip.
- \* Email
- \* Phone

### Second athlete:

- \* First Name \* Last Name (choose one) swimmer, runner, or cyclist) Third athlete:
- \* First Name \* Last Name (choose one) swimmer, runner, or cyclists

#### ROUTES

Swim: The Boulder Reservoir will have water temps in the 70's. The traditionally smooth lake will launch you on your day. The one-loop course will travel north first along the reservoir dam and will head west and then south. The first of two transitions will also be at the Boulder Reservoir.

Bike: This 75 mile route takes you through flat roads, hills, and fantastic scenery. A favorite for athletes and novices alike. This route will be closed to other cyclists and road traffic during the event.

Run: This is a two loop course with 3 out and backs on each loop. We call it the "Flux Capacitor". This course features everything about Boulder we love. A well shaded bike path and plenty of spectator viewing points for your family and friends. There will be aid stations approximately at every mile.

# Why Athletes Love This Event

- Well organized well that seasoned athletes and newbies love.
- Strong spectator support throughout the day to keep athletes going.

## **Reviews from 2017 Finishers**

- "Fun fast course with amazing fan engagement and excellent volunteers."
- "I think this is the best event/race I've ever been a part of. The support is incredible"
- "My first Triathlon and I loved it I love Boulder! Great swim, great bike course and the run along the creek was great."

## VOLUNTEER

Not an athlete? No problem! There are many ways to participate. We are looking for people to distribute water and snacks at the stops, help with on site registration, and greet our athletes and more. To volunteer please complete the following registration. Indicate your area of interest: water stops, registration, athlete assistance, welcome banquet, awards, apparel distribution.

Lisa Uhl is an American runner. She is a four-time NCAA Division One champion, current NCAA record holder in the 10,000 meters, and the sixth fastest American woman to ever cover that distance. She competed in the 10,000 meters in the 2012 Summer Olympics. She competed for Iowa State University.