



**I Swim**

# 7<sup>th</sup> Annual Dearbought TRIATHLON



**I Run**

**When:** Labor Day, September 7<sup>th</sup>  
**Registration from 7:00 – 8:00 AM**

**Where:** Dearbought Pool,  
1 Eli Court, Frederick, MD 21701

**Fee:**  
\$20 Per entrant  
\$15 Per leg (Relay)

**2 Parents and 1 Child  
for \$40 (Any race)**



**ALL PARTICIPANTS  
GET A FREE T-SHIRT!**

Youth race begins at 8:15  
Open race at 8:30  
Elite and Relay race at 9:00

**FOUR RACES TO COMPETE IN  
THIS YEAR!**

- ❖ Youth Race (13 & Under): 400 meter swim, 4 mile bike, 1.5 mile run
- ❖ Open and Elite Race (14 & Older): 800 meter swim, 8 mile bike, 5K Run
- ❖ Relay Race (3 Legs, All Ages): 800 meter swim (first leg), 8 mile bike (second leg), 5K run (third leg)

Email [MPatschak@gmail.com](mailto:MPatschak@gmail.com) for questions or to Pre-register for faster check-in on race day (Still pay onsite)