



The Hills Fitness Center and Red Licorice Events proudly sponsor

# The Backyard Triathlon

Sunday, May 3, 2009

7:00am

100% of your entry fee benefits  
Capital of Texas Team Survivor

Capital of Texas Team Survivor is a 501 (c)(3) non-profit organization. Our mission is to promote the well-being of women cancer survivors by providing free fitness programs and education in a supportive atmosphere.

This event is a fun and safe triathlon designed for the beginner triathlete and those looking to add diversity to their fitness routine.

Last Name \_\_\_\_\_  
First name \_\_\_\_\_  
Age on Race Day \_\_\_\_\_  
M / F (circle one)  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_  
Address w/ zip code \_\_\_\_\_  
Estimated 300 meter swim time: \_\_\_\_\_

Mail your entry and check payable to CTTTS to:  
Capital of Texas Team Survivor  
P.O. Box 301148, Austin TX 78703-0020

Or pay online at:  
[www.teamsurvivoraustin.org](http://www.teamsurvivoraustin.org)  
(Click on "Donate" and enter "Backyard" in Designation)

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### \$30 entry fee

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Adult event: 300 meter pool swim  
20 minute bike (spin cycles)

Children's event (15 & under): 200 meter pool swim  
10 minute bike (spin cycles)

2 mile run on our woodchip track

1 mile run on our woodchip track

Questions? Contact Karen Pierce, (512) 327-4881 x331 or [KPierce@thehillsfitness.com](mailto:KPierce@thehillsfitness.com)