



# XTERRA®

## LOCK 4 BLAST

### Off-Road Triathlon Weekend

**July 18th 2009  
8:00AM**

**Lock 4 Park  
Gallatin, TN**

**880yd swim/12.5 mile bike/  
4.5 mile run**

**You are sure to meet a challenge** at the 2009 XTERRA Lock 4 Blast Off-Road Triathlon. Endurance enthusiasts from all over the southeast will be pushing the pace in an effort to gain points as part of the XTERRA America Tour. The XTERRA Lock 4 Blast will be an open event for anyone over 15 who think they can finish.

The event will prove to be an experience with a 880 yard swim in the heart of Old Hickory Lake, followed by a 12.5 mile mountain bike leg, finishing with a 4.5 mile run throughout the wooded terrain of Lock 4 Park in Gallatin.

The event is scheduled for Sunday, July 12th 2009 which will be the hottest, most humid time of the year in Middle Tennessee weather. It will be a climate that exceeds any competitor's expectations.

The event will offer individual and team divisions. Teams can comprise of two or three members, so recruit the best swimmers, mountain bikers and trail runners you know!

This year's event is sponsored by Biker's Choice in Hendersonville, TN and Nashville Motorsports Tri Club. The **City of Gallatin** Parks and Recreation department has invested significant resources in the park to make the race an awesome spectator friendly venue.

It is sure to be a fun and challenging family-friendly event. So mark your calendars and plan to attend.

FOR MORE INFORMATION  
CONTACT DAVID HARDIN

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## Sponsored By:



# XTERRA Lock 4 Blast Off-Road Triathlon

## Sign-up Form

### Individual

Name \_\_\_\_\_

E-mail \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age as of 12.31.09 \_\_\_\_\_

Phone \_\_\_\_\_

XTERRA ID# \_\_\_\_\_

USAT License # \_\_\_\_\_

Shirt Size S M L XL XXL (Adult)

### Team\*\*

Team Name \_\_\_\_\_

Swimmer \_\_\_\_\_

Biker \_\_\_\_\_

Runner \_\_\_\_\_

\* Non-USAT members must purchase a one-day membership to compete. This includes relay members. The cost of the membership is \$10 and may be included in your check. If you have applied for a USAT membership and have not received your license #, write "pending" in the blank.

\*\*Each team member must sign a waiver.

## Event Schedule

Pre-Registration: Closes 27 June 2009  
\$60 Solo \$100/Team

Late Registration: Closes 11, July 2009  
\$75/Solo \$115 Team

### Friday July 11th

Packet Pickup 5-PM – 7 PM

Late Registration 5 PM – 7 PM

### SATURDAY JULY 18TH

LATE PACKET PICKUP 6:30 AM – 7 AM

Race Start 8 AM

Post Race Meal 11:30 – 12 PM

Awards 12:30 PM

For more information visit:

[www.thebikerschoice.com](http://www.thebikerschoice.com)

or [www.XTERRAPlanet.com](http://www.XTERRAPlanet.com)

**Race Prizes-** Trophies will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each division, and Top 3 male and female overall. No duplicates.

**Disclaimer** – Unfortunately, we do not control the weather. No refunds will be issued after June 27<sup>th</sup>, due to rain, hot or humid weather. Race Management has the right to adjust the course in the event of weather or unsafe conditions.

**Lodging** – Available at the site will be primitive camping, with the use of port-a-johns.

**Getting to Lock 4** - In the heart of Gallatin, TN on Main St (across from Cracker Barrel, beside Wendy's) is Lock 4 Rd. Go South 3 miles until it runs you directly into the park.

**Address:** 1361 Lock 4 Rd  
Gallatin, TN 37066 USA