



MEDICAL LAKE FOOD
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DENNY'S HARVEST
FOODS



BICYCLE
BUTLER

ACCOMMODATIONS:

Please mention you are participating in the West Plains
WunderWoman Triathlon for special rates.

The Best Western Peppertree Airport Inn (HOST HOTEL)
3711 S. Geiger Blvd.
Spokane, WA
509-624-4655

Holiday Inn Express Cheney
111 Betz Rd. Cheney, WA 99004
509-235-1100 or 1-888-235-1104
www.holidayinnexpress.com

The Hampton Inn
2010 S. Assembly Rd.
Spokane, WA 99224
509-747-1100 or 1-800-
www.thehamptoninn.com



Emde Sports LLC
POBox 9688
Spokane, WA 99209-9688

The West Plains
WunderWoman Triathlon
Sunday, August 19, 2012

"TRI FOR YOUR BONES"



...celebrating bone health and
healthy lifestyles!



A Sprint & Olympic Distance
Triathlon for Women

West Plains WunderWoman Triathlon

August 19, 2012

START TIMES: Olympic Distance 7:30 am Sprint Distance 8:15 am

Another *wonderful* triathlon? Yes!

Some may “wunder” why *we* do it... some may “wunder” why *you* do it. **Our** reason is to give you healthy opportunities within your community and to help support your healthy lifestyle and fitness goals. Whatever **your** reason, hooray for you and your dedication to a healthy lifestyle and keeping your bones strong.

The WunderWoman Triathlon celebrates the women who are changing their lives, their children’s lives and creating positive lifestyles. You are truly... “**wunder**” women.

Partner Information

We are partnering with the WOC (*Washington Osteoporosis Coalition*) and *Spokane Osteoporosis Endocrine Associates* to increase awareness for bone health and osteoporosis, a serious silent condition increasing the risk of fracture. For more information visit their websites:
www.SpokaneOsteoporosis.com or www.wastrongbones.org.

Free bone density screening in the Pavilion (using ultrasound) and osteoporosis information will be available on race day, August 19, provided by the Osteoporosis Resource & Screening Centers at Valley & Deaconess Hospitals, and The Osteoporosis Education Program at Sacred Heart Women's Center. Before the WunderWoman Award Ceremony, there will be an expert panel with a 30 minute osteoporosis presentation and Q&A with Dr. Lynn Kohlmeier, Director of these Community Osteoporosis Programs and an osteoporosis specialist in Spokane. She will review the diagnosis of osteoporosis and answer questions regarding, bone density testing, calcium & vitamin D intake, as well as safe, effective exercise for the prevention and treatment of osteoporosis.

RACE CONTACT INFORMATION:

Marla Emde - Emde Sports - 509-326-6983
marla@emdesports.com
Mail Entries to: POBox 9688—Spokane, WA 99209-9688
www.emdesports.com

FACTS ABOUT OSTEOPOROSIS AND FRACTURE: *There is over a 10x increased hip fracture incidence in the Spokane area. Osteoporosis prevention starts early with good nutrition and exercise. Peak bone density develops by the time women are 30 years old and after this our efforts are towards maintaining the bone we have.*

AGE GROUPS AND CATEGORIES:

OLYMPIC DISTANCE: **New for 2012!**

Elite/Open Individual (Olympic Distance only): Must have posted a previous Olympic distance time of 2h30” or less to qualify. We are offering \$1000.00 prize list, 5 deep for this division!

Individual Age Group:

Age Groups: 18 & under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.

Relay Team: 2 age groups with combined ages of 119 & under OR 120 & above.

SPRINT DISTANCE:

Individual Age Group:

Age Groups: 18 & under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.

Osteoporosis Individual Category: (hooray to these women who continue to fight osteoporosis)

Relay Teams: 2 age groups with combined ages of 119 & under OR 120 & above.

HOW TO REGISTER?

- #1—Go to www.signmeup.com/81247 to register online for this event
- #2—Mail in this completed form with payment to Emde Sports.
P.O. Box 9688—Spokane, WA 99209-9688

PRE RACE PACKET PICK UP:

FRIDAY - Option #1 - Go to REI at 1125 N. Monroe St. (Spokane) on Friday, August 17 from 12:00 noon until 6:00 pm for early packet pick up.

SATURDAY - Option #2 - Go the venue at Waterfront Park, Medical Lake on Saturday, August 18 from 12:00 noon until 4:00 pm for packet pick up. There are no late race entries on this day. These are pre-registered entry packets only.

CHECK IN ON RACE DAY:

Bike check in from 5:30 am –6:30 am. On race day, check in your bike (don’t forget your helmet--it is required) to Waterfront Park in Medical Lake. Bicycles will be checked in and out of the transition area by the competitors only. Timing Chips will be given out at packet pick up—don’t forget them or lose them! All participants must arrive and checked in and body marked before 7:00 am

TRAVEL DIRECTIONS AND PARKING:

From Spokane: Take I-90 West to EXIT #272 (Medical Lake). Take a right turn on to Hwy. 902 and follow approx 5 miles in to Medical Lake. Take a left at Lefevre St. (by Yokes) and follow approx. 2 miles to Waterfront park (drive through town). From Seattle: Take I-90 to EXIT #264 (Salnavé Rd.) take a left turn on to Salnavé Rd. and follow approx. 5 miles to Medical Lake. Waterfront Park is on your left just before you reach Medical Lake.

Parking: Parking at Waterfront Park is limited. On-street parking in Medical Lake and at the High School will be permitted which is only 1 mile away from the park.

ENTRY FEES: \$10.00 Late fees apply on August 6th.

Mail in entries must be postmarked August 5th.

OLYMPIC DISTANCE: (all entry fees incl. WA sales tax)

- ELITE/OPEN (2h30” time or less) **\$108.70**
- Individual Age Group **\$97.83**
- Relay Team Entry (2 or 3 person) **\$141.31**
119 under or 120 above (circle type of team)

SPRINT DISTANCE: (all entry fees incl. WA sales tax)

- Individual Age Group **\$86.96**
- Osteoporosis Individual Triathlete **\$86.96**
- Relay Team Entry (2 or 3 person) **\$130.44**
Osteoporosis (must have 1 person diagnosed with Osteoporosis),
119 under or 120 above (circle type of team)

Team Name: _____

Total Fee: \$ _____

Name _____

Address _____

City _____ **State** _____ **Zip Code** _____

Phone _____

Email _____

T SHIRT SIZE: (circle one)

Small medium

Large x large

xx large xxx large

Date of Birth: _____

Age on August 19, 2012: _____

Emergency contact Name: _____

Phone: () _____

Office Use Only

Method of Payment

Amount Paid:

Check Cash