



CRAWFISHMAN TRIATHLON REGISTRATION

sunday may 6, 2012 | grande hills estates | bush, louisiana

BENEFITTING HAVE A HEART THRU ART & MARY BIRD PERKINS CANCER CENTER

Time & Place:

Race Begins 7:30 a.m. | Grande Hills Estates | Bush, Louisiana

Registration/packet pick-up/ expo

The field will be limited to 250 athletes, so please enter early. Registration & packet pick-up will take place at The Spokesman Professional Bicycle Works on Saturday, May 2 between 1:00p.m. and 5:00p.m. There **WILL BE RACE DAY** packet pick-up at the race site between 6:00a.m. and 7:00a.m. All athletes must show **CURRENT USAT CARD & DRIVERS LICENSE** when picking up packet. **NO EXCEPTIONS.**

Directions To Packet Pick-up

From New Orleans: cross Causeway to Mandeville. Exit at Mandeville/Pontchatoula/Hwy 22. turn left & travel under overpass.

At 2nd light turn left into Northlake Shopping Center. The Spokesman Professional Bicycle Works is located in the far right corner of the Northlake Shopping Center.

From I-12: take exit 63-A Mandeville/New Orleans via Causeway.

Exit at Mandeville/Pontchatoula. Veer right. At 1st light turn left into Northlake Shopping Center. The Spokesman Professional Bicycle Works is located in the far right corner of the Northlake Shopping Center.

Directions to Race site

From I-12 Highway 190 North to Covington, take highway 21 to Bogalusa, 10 miles to Grande Hills Estates (left into subdivision). At the first stop sign take a left onto Churchill Downs, approximately 1/2 mile on your right is the race site. Parking is limited, no roadside parking. Parking will be provided on empty lots across street from race site. Look for parking attendants and please follow all parking rules.

Registration Location

The Spokesman Professional Bicycle Works 985.727.7211

For a small fee Athletes can register on the web at www.active.com.

A printable application is also available at www.crawfishman.net

Registration Through Mail:

Make checks payable to Crawfishman Triathlon and mail race applications to Crawfishman Triathlon 1848 North Causeway Blvd. Mandeville, LA 70471

SORRY, NO REFUNDS OR TRANSFERS.

For More Information:

Call 985.727.7211 (daytime), 985.809.1171 or 985.867.9962 (evening)

Email: spokesman@webdsi.com or trifly@webdsi.com

Web site: www.crawfishman.net

Weather Report

Average air temperature 82°, Average water temperature 78°

Wet suits will only be allowed if the water is 78 or below.

The Crawfishman Course

•The Swim-Swim course is triangular, Grande Hills Lake.

•The Bike-Out and back with some 90 degree turns, please be cautious of gravel at all turns. Bike goes out back entrance of Grande Hills to 1083 and turns right, continue to right turn onto Highway 40 continue to just before intersection with highway 21, turn around and return same route back.

•The Run- The run course will be within the Grande Hill Estates subdivision, out and back 4 miles. Hilly.

Aid Stations

There will no aid station on the bike course. Every athlete will be responsible for carrying fluids on the bike. On the run course there will be one aid station every mile. The transition area will also have an aid station. **PLEASE HYDRATE BEFORE, DURING & AFTER THE RACE!!**

Awards

Awards will be given to the top 3 male & female overall finisher's. The first male & female Masters and the first male & female Lobsters. The top 3 male & female age group athletes will also receive awards.

Post Race Party

The post race party will have all the Louisiana fixin's, Michelob Ultra beer, food, and music.

PLEASE BE ADVISED WE ARE FIELDING THIS RACE IN A PRIVATE SUBDIVISION, WE ARE ON PRIVATE PROPERTY AND REQUEST ALL ATHLETES POLICE THEIR AREAS FOR TRASH. WE WOULD LIKE TO HAVE THE CRAWFISHMAN INVITED BACK AGAIN IN 2010, PLEASE HELP US IN THIS REGARD.

Local Accommodations

Be sure to make reservations early. This is also the last weekend of the New Orleans Jazz & Heritage Festival and rooms will be limited.

Holiday Inn 985-893-3580

Best Western 985-892-2681

Courtyard by Marriott 985-871-0244

Super 8, 985-892-4470

Green Springs Motel 985-892-4686

Fontainebleau State Park, 985-624-4443

Fairview State Park, 985-845-3318

Trails End B&B, 985-867-9899

Abita Springs B&B, 985-892-1123

Riverside Hills Farm B&B, 985-892-1794

Cozy Corner Guest House, 985-626-9189

Mar Villa Guest House, 985-626-5975

Pollyana B&B, 985-626-4053

Hampton Inn 985-809-0019

Tchefuncte River Bed & Breakfast 985-845-1808

Camellia House B&B 985-893-2442