

Sunday - July 16, 2006 - Liberty Lake, WA



**Fitness
Fanatics**

EMDE
sports.com



**A Sprint Distance Triathlon for Women
1/3 mile swim - 12 mile bike - 3 mile run**

Host Hotel and Accommodations:

We are pleased to announce the Best Western Peppertree Liberty Lake Inn as our 2006 host hotel. It's just a short distance from the start/finish of the race!

Go to: www.peppertreeinns.com for more info. Refrigerators and microwaves in every room! From I-90, take the Liberty Lake exit and the hotel sits just along the North side of the freeway on 1816 N. Pepper Lane. Hotel reservations must be booked 30 days prior to the event. Mention the Valley Girl Triathlon for room discounts.



Portions of the proceeds from this event will benefit:



Transitions was founded in 1995 and is a non-profit, Spokane-based organization committed to serving low income women and children in need.

Centered around the core values of community, growth/wholeness, justice and respect for human dignity, Transitions offers four programs--the Womens Drop in Center, Miryam's House, Educare and the Transitional Living Center.

Transitions will have a booth set up at the Sports Expo at Pavillion Park on July 16th from 9:00 am to 2:00 pm. This will be the official drop off site. Visit our website for the Transition "wish list" and bring those items with you to the Transitions Booth on race day. Please help other women in our community with your donations.

**Emde Sports LLC
P.O.Box 9688
Spokane, WA 99209-9688**

www.valleygirltri.com



The Valley Girl Triathlon

The 3rd Annual Valley Girl Triathlon is a Sprint distance Triathlon designed for beginners but the experienced love it too. From beginner to pro, the Valley Girl has quickly become a perennial favorite for women in the greater Spokane area and beyond. The atmosphere is unmatched, the courses are great and Liberty Lake is just the best! Race day festivities in Pavillion Park on Sunday include the Sports Expo from 9:00 am until 2:00 pm, great food from Qdoba Mexican Grill, prizes, live music, camaraderie and fun. We invite you to enjoy the day in beautiful Liberty Lake.

New to the Valley Girl family this year, **Intermountain Community Bank** will be providing shuttle bus service for spectators from 7:00 am until 11:30 am for those who want to watch the start and get back to watch the finish at Pavillion Park. Shuttle route maps will be available at packet pick up and on the day of the race. Athletes should ride or walk their bicycles down to the transition area (start) after parking at Liberty Lake Elementary or Valleyway. No bicycles will be allowed on the busses and please... no athlete drop off's at the start area so we can avoid congestion in the neighborhood.

Qdoba Mexican Grill will be providing one meal for each athlete as usual but this year you can purchase extra entrees for friends or family members for a \$5.00 charge. **Purchase your extra food tickets ahead of time at Fitness Fanatics from now until Friday, July 14 at 6:00 pm at packet pick up.**



Coeur d'Alene
HONDA



Special thanks to The Liberty Lake Village Homeowners Association, The City of Liberty Lake and all of our great supporters and sponsors for 2006!

RACE START TIME: 9:00 am (Sunday)

Course Description:

Swim 1/3 mile in beautiful Liberty Lake. Ride 12 miles on a fairly flat course with a couple small hills through the city of Liberty Lake and the Spokane Valley. The 3 mile run is mostly flat with one hill on Country Vista. Much of the run is on asphalt trails and finishes at Pavillion Park.

Age Groups & Divisions:

Individual 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+.

Athena's (150+lbs.):

39 years and under (open) and 40+ (master)

Relay Teams: (3 combined ages) 75 or less, 76-119, and 120 + combined ages.

Field Limit:

Our field size will be limited to 500 (total) participants including team members for this years event. Send in your registration early to ensure a spot in this great event.

Registration and Late Entries:

Options: 1) www.signmeup.com/52651 2) Mail entries to Emde Sports 3) Hand deliver to Fitness Fanatics.

ONLINE registration closes on Thursday, July 13 at 5:00 pm.

LATE REGISTRATION - Friday (ONLY), July 14 at Fitness Fanatics from 12 noon until 6:00 pm if the race isn't sold out. THERE IS NO LATE REGISTRATION ON SATURDAY at the Peppertree Inn. All bikes/helmets must be checked in Liberty Lake Homeowners Assn. beachfront on race day morning from 6:00 am - 7:30 am. The bicycles will not be racked overnight this year. Bring your bike on race day and do not forget your helmet and timing chip on race day. Bicycles will not be available for pick up after the race until all competitors have finished the race. Do not drive down to pick up your bikes before the end of the race.

Packet Pick Up:

Option #1 - Go to Fitness Fanatics on Friday, July 14 from 12:00 noon until 6:00 pm for early packet pick up (and late registration).

Option #2 - Go to The Peppertree Inn on Saturday, July 15 from 12:00 noon until 5:00 pm for packet pick up. No late race entries on this day at the hotel.

Travel Directions to the Race & Parking:

From East or West I-90, take the Liberty Lake exit #296 and proceed East on Appleway for approx. 2/3 mile. Take a right turn on Molter Rd. (south) and drive about 3/4 mile. Liberty Lake Elementary (parking) is on your left and Pavillion Park is on the right. The race start is approx. 1/2 mile further South on Molter Road.

Parking will be available at Liberty Lake Elementary School and on Valleyway, just a few blocks from the start line.

Call 509-755-1111 / 1-800-274-7750 and book your rooms early.

Contact Information:

Marla Emde - Emde Sports LLC

P.O. Box 9688 - Spokane, WA 99209-9688

509-326-6983

Email: marla@emdesports.com

Robin DeRuwe - Fitness Fanatics

12425 E. Trent (Trent and Pines)

509-922-6080

www.valleygirltri.com

Registration Form

Late fees apply on July 2--entries must be postmarked July 1 or before.

	Price	Late Price
<input type="checkbox"/> Individual Triathlete	\$59.00	\$69.00
<input type="checkbox"/> Athena Triathlete (150 lbs.+)	\$59.00	\$69.00
<input type="checkbox"/> Team Entry (2 or 3 person team)	\$105.00	\$115.00

Team Name: _____

Total 3 Combined Ages: _____

Would you like to make a donation to Transitions? _____

Total: _____

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

Email _____

T SHIRT SIZE:

- SMALL
 MEDIUM
 LARGE
 X LARGE
 XX LARGE

Birthdate: _____

Age as of July 16, 2006

Emergency contact/phone: _____

www.signmeup.com/52651 or...

Mail Entries to: _____ Method of Payment

Check Cash

Emde Sports LLC

P.O.Box 9688

Spokane, WA 99209-9688

Or... bring entries in to Fitness

Fanatics 12425 E. Trent Ave.