

Host Hotel and Accommodations:

We are pleased to announce the Best Western Peppertree Liberty Lake Inn as our 2012 host hotel. It is just a short distance from the start/finish of the race!

Go to: [www.peppertreeinns.com](http://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. Call 509-755-1111 / 1-800-274-7750 and book your rooms early.



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, Miryams House, Educare and the Transitional Living Center.

Transitions will have a booth set up at Fitness Fanatics on July 6th during packet pick up for dropping off toiletries, hygiene products and similar supplies. This will be the official donation drop-off site. Please help other women in our community with your donations.

Emde Sports LLC  
P. O. Box 9688  
Spokane, WA 99209-9688  
[www.valleygirltri.com](http://www.valleygirltri.com)



Sunday - July 8th - 2012  
Liberty Lake, WA  
Sprint Distance Triathlon  
for Women  
1/3 mile swim - 12.0 mile bike -  
3 mile run



# The Valley Girl Triathlon

The 9<sup>th</sup> Annual Valley Girl Triathlon 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 Expo from 8:45 am until 1:00 pm, great food from David's Pizza, prizes, live music, camaraderie and fun. We invite you to enjoy the day in beautiful Liberty Lake.

Intermountain Community Bank will be providing shuttle bus service for spectators from 6:30 am until 12:30 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 on Valleyway so we can avoid congestion in the neighborhood. No bicycles will be allowed on the busses.

David's Pizza will be providing their delicious food at the park after the race for all of the athletes.

Thanks to The Liberty Lake Village Homeowners Association, The City of Liberty Lake, Liberty Lake S.C.O.P.E and all of our great supporters and sponsors for 2012!



# Start Time 7:45 am

## Course Description:

Swim 1/3 mile in beautiful Liberty Lake. Ride 12.0 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 (150+lbs.):

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

Relay Teams: (3 combined ages) 119 and under OR 120 + combined ages.

Field Limit:

Our field size will be limited to 600 (total) participants including team members.

## Packet Pick Up/Check In/Late Registration (if available):

**Option #1** - Go to Fitness Fanatics on Friday, July 6th from 12:00 noon until 6:00 pm for early packet pick up

**Option #2** - Go to The Peppertree Inn on Saturday, July 7th from 12:00 noon until 5:00 pm for packet pick up.  
THERE IS NO RACE DAY REGISTRATION!

## 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. 3/4 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. Parking is 2 blocks past Pavillion Park on your left (ValleyWay). The race start is approx. 1/2 mile further South at the end of Molter Road. Parking will be available at Liberty Lake Elementary School and on Valleyway, just a few blocks from the start line.

## Contact Information

...or if you would like to volunteer for this event:

Marla Emde - Emde Sports LLC  
P.O. Box 9688 - Spokane, WA 99209-9688  
509-326-6983  
Email: marla@emdesports.com  
www.valleygirltri.com

# Registration Form

Would you like to make a donation to Transitions? Amount: \_\_\_\_\_

	Price	Late Price
<input type="checkbox"/> ELITE Triathlete (1:10 qualifier)	\$97.83	\$108.70
<input type="checkbox"/> Individual Triathlete	\$86.96	\$97.83
<input type="checkbox"/> Athena Triathlete (150 lbs.+)	\$86.96	\$97.83
<input type="checkbox"/> Team Entry (2 or 3 person team)	\$130.44	\$141.31

All prices include 8.7% WA State sales **Total:** \_\_\_\_\_

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

Total 3 Combined Ages: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Birthdate: \_\_\_\_\_  
Age as of July 8, 2012 \_\_\_\_\_

T SHIRT SIZE: (circle one)  
S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_  
XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL \_\_\_\_\_

Emergency contact/phone:  
Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Mail Entries to: Emde Sports LLC  
POBox 9688  
Spokane, WA 99209-9688

Method of Payment  
 Cash  Check