

# *“Take Shape For Life Tour De Scott Triathlon”*



300m Open Water (Pond) swim – 13mi bike – 5K run

August 8<sup>th</sup>, 2015 7:30 AM

“SCOTT, LOOK WHAT WE GOT!”

## **Brief Description**

The Tour De Scott is a triathlon geared for all levels of participants ranging from beginners to experts. The first leg of the triathlon is a 300 meter pond swim, the bike is 13 miles through the heart of the city as well as its beautiful scenic roads, and 3 miles on foot down and back on the frontage road in front of some of Scott's newest businesses. This event is guaranteed to test the seasoned veterans and also give the beginners and great “TASTE” of what the Tour De Scott triathlon is all about.

## **Race Limits**

The field is limited to 100, including relay teams.

## **Relay Teams**

Relay teams can consist of any combination of male and/or females. Each team member will compete in one of the individual sports

## **Individual Entry Fees**

Individual: Through June 30<sup>th</sup> - \$40      July 1<sup>st</sup> – July 15<sup>th</sup> - \$50      July 16<sup>th</sup> – July 29<sup>th</sup> - \$60      July 30<sup>th</sup> – till RACE DAY, \$80

## **Relay Entry Fees**

Relays: (per teams of 3) June 30<sup>th</sup> - \$90      July 1<sup>st</sup> – July 15<sup>th</sup> - \$120      July 16<sup>th</sup> – July 29<sup>th</sup> - \$150      July 30<sup>th</sup> – till RACE DAY, \$180

## **Registration & Online Registration**

ONLINE REGISTRATION - [www.cajuntiming.com](http://www.cajuntiming.com) or mailed to 551 Anderson Rd, Duson, La. 70529. Make all checks payable: **TOUR DE SCOTT TRIATHLON**

## **Race Shirts**

Please register before July 29<sup>th</sup>, 2015 to insure that you'll get the size race shirt that you want. We cannot guarantee availability and/or size after that date! All Sponsors are SCOTT BUSINESSES ONLY!!!

## **USA Triathlon Sanctioned Race**

This race is being sanctioned with USAT. You, including all relay team members, must be a licensed USA Triathlon member at the time of registration or buy a one-day license to participate for \$12.00. For more information on USA Triathlon and to join, see [www.usatriathlon.org](http://www.usatriathlon.org) or call 719/597-9090. USAT rules shall be enforced. You are responsible for knowing the USAT race rules.

## **Refunds & Race Delays**

There are no refunds. The race will take place rain or shine BUT the race director reserves the right to modify the course or change the start time of the race for the safety of the participants. PLEASE BE AWARE THAT PARKING AREAS MAY CHANGE WITH INCLIMENT WEATHER!!!!

## **Packet Pick-Up & Race Day Registration**

Early packet pick-up will be on race day available from 6:00 a.m. - 7:00 a.m. at the race site. There will be limited registration at the Saturday packet pick up assuming registration is still open. **UNCLAIMED PACKETS WILL NOT BE MAILED.**

## **Directions to the race site**

From Baton Rouge: I-10 west to exit 97 (Scott/Cankton). At light take a left and cross over I-10 on Hwy 93. Take a left on the frontage road in front of McDonalds. Continue on frontage road all the way till it ends. At the stop sign, take a left on to MILLS ROAD. Cross over I-10 and look for the race area on the right hand side DIRECTLY at the bottom of the bridge. Parking will be inside the race site grounds. Please DO NOT PARK AT THE TRANSITION SITE OR DROP OFF BIKES OR OTHER RACE BELONGINGS!!! Please walk your bike to race area!! THANKS!!

From Lake Charles: I-10 east to exit 97 (Scott/Cankton). At stop sign take a right on Hwy 93. Take a left on the frontage road in front of McDonalds. Continue on frontage road all the way till it ends. At the stop sign, take a left on to MILLS ROAD. Cross over I-10 and look for race area on the right hand side DIRECTLY at the bottom of the bridge. Parking will be inside the race site grounds. Please DO NOT PARK AT THE TRANSITION SITE OR DROP OFF BIKES OR OTHER RACE BELONGINGS!!! Please walk your bike to race area!! THANKS!!

## **The SWIM – 300 meters**

This is an open water pond swim. WETSUITS NOT ALLOWED. There will be canoes, kayaks, boats, and other water safety aid available during the swim. You should be able to swim at least 300 meters before deciding to enter this event.

## **THE BIKE – 13 miles**

This is an out and back course. The course has 2 overpasses early in the route. The roads are paved and, under Louisiana standards, have reasonably good surfaces. There are some potholes and areas that we will mark to call your attention to them but you are required to keep your attention to your ride and your surroundings. All turns will be marked. Volunteers will be on the course but you are to stay aware of the surroundings and to know the course! A race map is included in this packet. **HELMETS MUST BE WORN!!!**

## **THE RUN – 5K**

The run will start and finish at the transition area near the swim. Unfortunately with the out and back format, each runner will cross over the overpass within the first half mile and the last half mile of the race. The course will be on the Scott Frontage road. The course will be marked and volunteers will be on the course. There will be 1 water station on the run that you will pass twice. The finish line will be in front of the bike transition area.

## **AWARDS**

The top overall male and female, will win authentic Tour De Scott Triathlon awards. Awards will also be given to the top 3 male and female triathletes in 19 and under age group and 10 year age groups from 20-50+. Awards will be given to the top 3 relay teams.

## **Post Race Party and Awards Ceremony**

The awards ceremony will be held after all racers have finished. Cajan's Eatery in Scott will provide the food. **Unclaimed awards will not be mailed.**

## **CONTACT Information**

For further information, please email Dustin Lamartina @ [cap22usafitness@yahoo.com](mailto:cap22usafitness@yahoo.com), or call him @ 337-288-8151, or mail to 551 Anderson Rd. Duson, La. 70529

## **Accommodations**

Scott has a couple hotels that are very close to the race site. We also have a great selection of Cajun restaurants within walking distance from the race site. Please visit our sponsors.

## **Parking**

PLEASE PARK ALL VEHICLES IN THE DESIGNATED AREAS. This area is on the property of the swim course. Please respect our volunteers.



# TAKE SHAPE FOR LIFE – TOUR DE SCOTT

**AUGUST 8<sup>TH</sup>, 2015 @ 7:30am**

**300 meter Open water swim – 13 mile bike – 5K run**

**810 Mills St. Scott, La.**

**APPLICATION FORMS- [www.tritourdescott.com](http://www.tritourdescott.com) & [www.lafayettefitness.org](http://www.lafayettefitness.org)**

**(Limited to the 1<sup>st</sup> 100 entries)**

Please Print Clearly:

Name \_\_\_\_\_ Gender: M \_\_\_ F \_\_\_ Date of Birth \_\_\_\_\_

Race Day Age \_\_\_\_\_ (as of 12/31/2015)

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

Phone \_\_\_\_\_

USAT

# \_\_\_\_\_ Email \_\_\_\_\_ First Triathlon: yes \_\_\_ no \_\_\_

**USAT CARD WILL BE CHECKED A REGISTRATION TABLE ON RACE DAY!!!!**

How did you find out about the race: \_\_\_\_\_

T-Shirt Size: SM MED LG XL XXL XXXL

**\*\*Please register before JULY 29<sup>th</sup> 2015 to insure that you'll get the shirt size that you want. Registering after this date does not guarantee size or availability. It will be on a first come first serve basis.**

**Waiver:** In consideration of you accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against any race officials, associated sponsors, their representatives, successors, and assigns for any injuries suffered by me in said event. I attest and verify that I will participate in this event as a triathlon entrant and that I am physically fit and have sufficiently trained for the completion of each of the three events. I hereby grant permission for any officials associated with this event to use any photographs, videos, tapes or audio recordings from this event as they deem appropriate.

If you are registering a child under the age of 18 or an incapacitated adult you represent and warrant that you are the parent or legal guardian of that party and have the legal authority to enter into this agreement on their behalf and by proceeding with this event registration, you agree that the terms of this Agreement and Waiver shall apply equally to all Registered Parties. By registering a child under 13, you agree and consent to the collection of that child's information which you provide for the purposes of registration.

YOU UNDERSTAND THAT PARTICIPATION IN THE EVENT IS POTENTIALLY HAZARDOUS, AND THAT A REGISTERED PARTY SHOULD NOT PARTICIPATE UNLESS THEY ARE MEDICALLY ABLE AND PROPERLY TRAINED. YOU UNDERSTAND THAT EVENTS MAY BE HELD OVER PUBLIC ROADS AND FACILITIES OPEN TO THE PUBLIC DURING THE EVENT AND UPON WHICH HAZARDS ARE TO BE EXPECTED. PARTICIPATION CARRIES WITH IT CERTAIN INHERENT RISKS THAT CANNOT BE ELIMINATED COMPLETELY RANGING FROM MINOR INJURIES TO CATASTROPHIC INJURIES INCLUDING DEATH. YOU UNDERSTAND AND AGREE THAT IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE EVENT, YOU AND ANY REGISTERED PARTY, THE HEIRS, PERSONAL REPRESENTATIVES OR ASSIGNS OF YOU OR THE REGISTERED PARTY DO HEREBY RELEASE, WAIVE, DISCHARGE AND CONVEYANT NOT TO SUE ACTIVE FOR ANY AND ALL LIABILITY FROM ANY AND ALL CLAIMS ARISING FROM PARTICIPATION IN THE EVENT BY YOU OR ANY REGISTERED PARTY.

Signature: \_\_\_\_\_ Parent's Signature (if under 18): \_\_\_\_\_ Date: \_\_\_\_\_

**ONLINE REGISTRATION: [www.cajuntiming.com](http://www.cajuntiming.com)**

Registration Fees by MAIL:

	Before June 30 <sup>th</sup>	July 1 <sup>st</sup> - July 15 <sup>th</sup>	July 16 <sup>th</sup> - July 29 <sup>th</sup>	July 30 <sup>th</sup> - Race Day (AUG 9 <sup>th</sup> )
Fees: Individual Entry:	<b>\$40.00</b>	<b>\$50.00</b>	<b>\$60.00</b>	<b>\$80.00</b>
Team Entry (@ least 2)	<b>\$90.00</b>	<b>\$120.00</b>	<b>\$150.00</b>	<b>\$180.00</b>

**\*\*\*\*ALL NON USAT MEMBERS- ADD a \$12.00 fee to the above prices!!!**

Make applications & checks payable to: **Tour De Scott Triathlon**  
**551 Anderson Rd**  
**Duson, La. 70529**

Questions or comments: [cap22usafitness@yahoo.com](mailto:cap22usafitness@yahoo.com)

Race Director: Dustin Lamartina 288-8151

**Helmets must be worn!**

# Swim Map

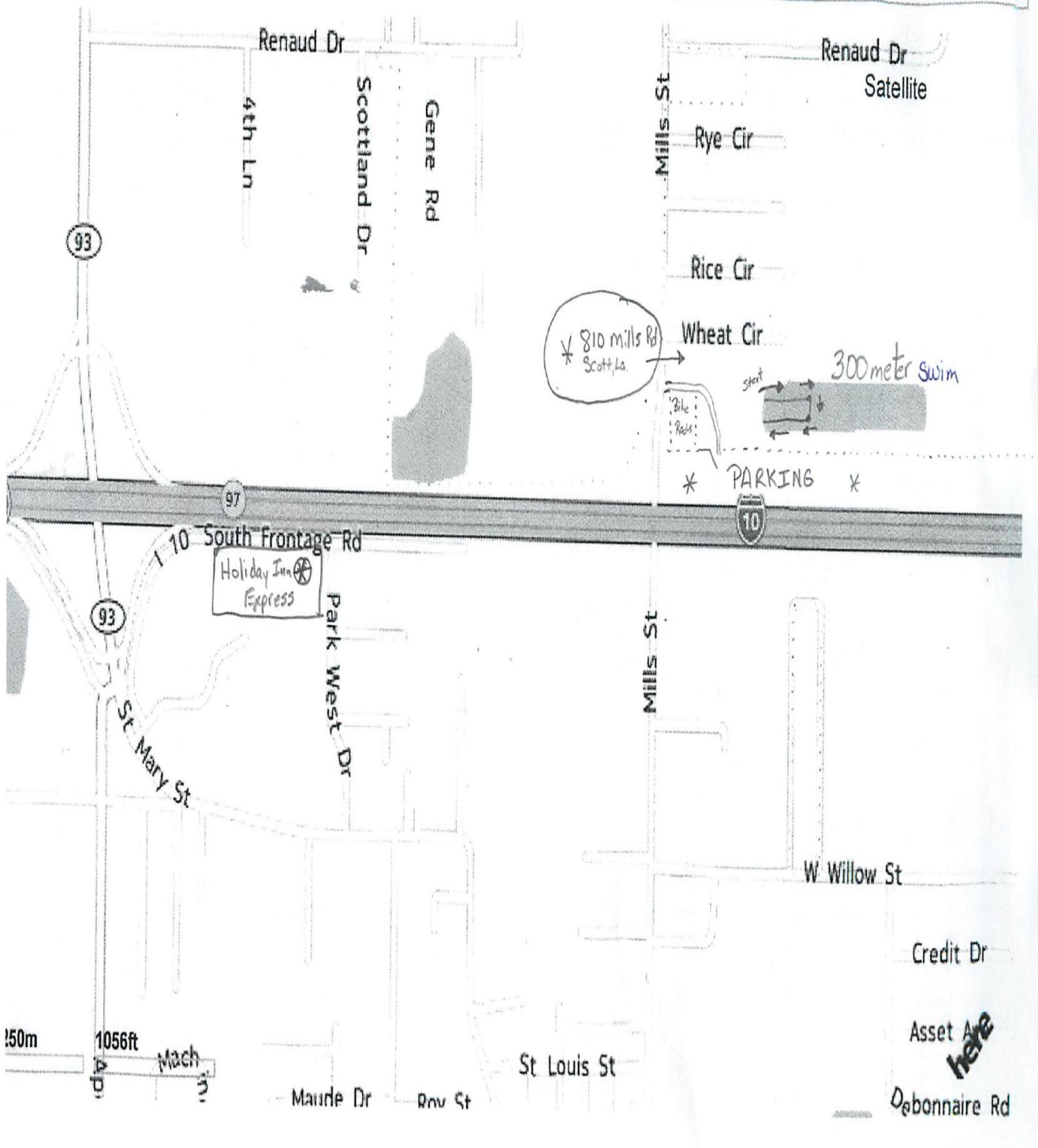
Lafayette, LA

Map Layout: 0

SWIM MAP

810 Mills Rd  
Scott, La. 70583

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A hand-drawn map of the Scott, Louisiana area, showing a route for a scavenger hunt. The map includes major roads like I-10, I-93, and I-97, as well as local streets such as Mills St, Renaud Dr, and Lebesque Rd. A route is marked with arrows, starting at 'Start' near Mills St and I-10, and ending at 'Finish' near Mills St and I-10. The route includes stops at various locations, including Scott Park, Scott, La., and several other streets. The map is labeled with '810 Mills Scott, La.' and 'N. Dugas'.

810 mills  
Scott, La.

## RUN MAP

