

Location

Northeast Park
3421 Northeast Park Drive
Gibsonville, NC 27249

Directions

Entering from Downtown Gibsonville

- Go NORTHWEST on W MAIN ST / NC-100 toward NC-61.
- Turn Right onto NC-61 Continue to follow NC-61 for 2.0 miles.
- Stay Straight onto FRIEDEN CHURCH RD, continue for 4.8 miles.
- Turn Right onto HIGH ROCK RD, continue for 2.5 miles.
- Turn Right onto NORTHEAST PARK DR.

Entering from US-29

- Take the HICONE RD. exit and turn right if coming from the South/ left if coming from the North onto HICONE RD. Continue for 5.3 miles, till the road ends.
- Turn left onto HUFFINE MILL RD, continue for 1.1 miles.
- Turn left onto HIGH ROCK RD, continue for 0.3 miles.
- Turn right onto NORTHEAST PARK DR.

Entering from the South on US-220

- Go South on US-220.
- Follow BATTLEGROUND AVE / US-220 S for 6.3 miles.
- Take the WENDOVER AVE EAST / US-220 S ramp.
- Merge onto W WENDOVER AVE and stay on WENDOVER AVE for 2.3 miles.
- Take the HWY 29 exit and stay on HWY 29 for 5.0 miles.
- Take the HICONE RD. exit.
- Turn Right onto HICONE RD, continue for 5.3 miles.
- Turn Left onto HUFFINE MILL RD, continue for 1.1 miles.
- Turn Left onto HIGH ROCK RD, continue for 0.3 miles.
- Turn Right on to NORTHEAST PARK DR.

Entering from I-85, I-40, US-421, & North US-220

- Take the Gibsonville/ NC-61 North Exit
- Go NC-61 North towards Gibsonville for 1.7 miles.
- Veer right and continue on NC-61 North for 3.4 miles.
- Turn Right onto NC-61 Continue to follow NC-61 for 2.0 miles.
- Stay Straight onto FRIEDEN CHURCH RD, continue for 4.8 miles.
- Turn Right onto HIGH ROCK RD, continue for 2.5 miles.
- Turn Right onto NORTHEAST PARK DR.

Dixie Divas Training Program

We are partnering with Suzanne Duncan Multisport Coaching to offer an eight week program to get you ready for the race.

The program will include an 8-week training plan with weekly group training sessions and clinics. There will be a beginner and more advanced training program. Participation is limited so please register by April 16.

When: Tuesday night, 6:15pm, lasting 60-90 minutes, starting on April 20.

Price: \$95 + Race Registration Fee. You can register online or select the Training Program option on this registration form.

Where: Various locations, based on the week

Basic Overview (subject to change):

Week 1: Overview of course and equipment needs. An 8-week training plan will be provided.

Week 2: Swim Clinic

Week 3: Run Clinic

Week 4: Bike Clinic, including how to change a tire/fix your chain

Week 5: Transition Clinic

Week 6: Bike to Run transition

Week 7: Swim to Bike transition

Week 8: Race day logistics

Take the fear out of triathlons! This is the perfect program for anyone new to triathlons.

Questions About the Training Program

contact Suzanne at
suzanne@suzanneduncan.com



Sunday, June 13, 2010
8:00 AM – Greensboro, NC
Northeast Park

300 Meter Pool Swim
10 Mile Bike
2.5 Mile Run

Join us for a women's only triathlon in the Triad. This race is the perfect distance for a beginner or the more advanced triathlete.

For more info
www.DixieDivasTriathlon.com

Mail to:
15 Owls Roost Ct
Greensboro, NC 27410

Race Application

Register online www.DixieDivasTriathlon.com

Make check payable to:
On The Mark Sports

Race Details

Race Date and Time

Sunday, June 13
6:30 AM - 7:30 AM Late Registration
6:30 AM - 7:30 AM Packet Pickup
8:00 AM Race Start
11:00 AM Awards Ceremony

Packet Pickup

Check the race website for early packet pickup information www.DixieDivasTriathlon.com

Race Distances

300 Meter Pool Swim
10 Mile Bike
2.5 Mile Run

Course Description

The Dixie Diva is the perfect distance for a beginner. The course offers enough of a challenge for the more advanced participant as well. The swim will be in the new Northeast Park Aquatic Center. The bike will be on the rolling hills of northeast Guilford County. The run will be all contained within the park on a paved greenway.

Race Timing/Chips

Participants will need to pick up a timing chip on race morning. Chips should be worn on the left ankle. If you do not wear a timing chip you will not receive an official finishing time.

Awards

- Top 3 Overall
- Top 3 Age Group 5k (5 year age groups)
- Top 3 Relay Teams

Spend a Day in the Park

Bring the family and spend the entire day at the newest park in Guilford County. The pool will open at noon for the entire family to spend the day at the pool. Other amenities of the park include: Picnic Shelters, Playgrounds, Hiking, Biking, & Equestrian Trails.

----- Cut & Return -----

Last Name _____ First Name _____

Birthday _____ Age on race Day _____ Select One: Male Female

Address _____

City _____ State _____ Zip _____

Home Phone _____ Email _____

Estimated 300 Meter Swim Time _____

RACE CATEGORY - SELECT ONE

Before April 1

04/01 – 04/30

05/01 - 06/12

- | | | | |
|--------------------------------------|--------------|--------------|--------------|
| <input type="radio"/> Open/Age Group | \$40.00 | \$50.00 | \$60.00 |
| <input type="radio"/> Athena | \$40.00 | \$50.00 | \$60.00 |
| <input type="radio"/> Relay | \$70.00/team | \$80.00/team | \$90.00/team |

T-SHIRT – SELECT ONE

Women's specific sizes

- Women's Small
 Women's Medium
 Women's Large
 Women's X-Large

Relay Team Name If Applicable

Each relay member must submit a form. Turn in all forms together

Training Program

- Add \$95 to total fees

Signature (Parent if under 18 years of age)

Date

RACE WAIVER: I know that participating in this event is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with participating in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, ice on roads, traffic, and the conditions of the road, all such risks being known and appreciated by me. I will obey all traffic laws during the ride and yield to cars, cyclists and pedestrians. I understand that trail races contain many hazards including but not limited tripping, falling, slick surfaces, rocks, roots. I understand these risks and will not sue if I am injured. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the On The Mark Sports, the City of Gibsonville, City of Greensboro, Guilford County, State of North Carolina, the race organizer, all sponsors, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race. I grant the race organizers my permission to use any images taken of me in further publicity or advertising.