

September 16, 2007

Quartermax: 1000 yard swim – 28 mile bike – 6.5 mile run

Octomax: 500 yard swim – 18 mile bike – 3 mile run

ENTRY FEES (please review our Refund Policy):

Quartermax Age Group - \$95

Quartermax Teams - \$220

Octomax Age Group - \$85

(\$15 will be added to all registrations after September 1<sup>st</sup>, 2007)

## REGISTRATION

- Register Online
- Download a Paper Application (please mail entries prior to September 1<sup>st</sup>)

As long as space is available, registrations will be taken until the end of packet pick-up on the Saturday before the race. **NO SUNDAY REGISTRATIONS.**

All Non-USAT members receive mandatory, \$10.00 one-day USAT insurance. This will be added automatically to all online registrations. Please add \$10 to all mail-in entries. Relay teams, please add \$10 per team member. Go to [USATriathlon.com](http://USATriathlon.com) to apply for USAT membership.

## DIVISIONS & AWARDS

You do not have to be a member of a USAT club to compete in Octomax or Quartermax. You do have to be an official member of a USAT club in order to earn points for that club.

### Divisions:

- Age Groups - 15& under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+ (Male & Female)
- Clydesdale (Males 200+lbs) & Athena (Females 150+lbs)
- Teams (2 or 3 people) - Male, Female, Coed

### Awards:

- Awards will be presented to the Overall Champions, male and female, along with a Trisports.com certificate (\$250 Octomax/\$500 Quartermax).
- Awards will be presented to the top 3+ in each Age Division & Clydesdale/Athena; Age Division & Clydesdale/Athena Champions will also receive a Trisports.com certificate (\$50 Octomax/\$100 Quartermax).
- All finishers will receive a medal.

### Club Divisions:

- All club members will compete for the regular age division awards.
- Clubs will compete for the highest cumulative score in their USAT Divisions.
- All finishers will receive 1/2 point for their club (if a non-USAT member) or 1 point for their club (if a USAT member).

- Club members that place in their age division will receive 6 pts for 1<sup>st</sup>, 5 pts for 2<sup>nd</sup>, 4 pts for 3<sup>rd</sup>, 3 pts for 4<sup>th</sup>, 2 pts for 5<sup>th</sup>.
- Additional points will be awarded based on the distance traveled.

#### Club Awards:

- The top 3 clubs in each division will receive a club award.
- The Overall Club Champion/highest points earner (from any division) will receive \$5,000 (provided by Columbia Multisport Club).
- The top club from each division will receive \$1,000.

Claiming Awards: All awards that are not claimed at the race will be available for 30 days following the event. Please send the Award Form, along with \$5 shipping to: 404 Portland St/Columbia, MO 65201. \*Special onsite awards and giveaways are not available for shipping.

#### TRAINING

Groups – For those that live in Columbia, please join our intermediate and advanced runs, every Tuesday and Thursday at 5:30a, if you'd like some companionship and support in your quest for the finish line. The Columbia Multisport Club will host an A, B, and C group that run various distances at various speeds. We meet at the MKT Trail - Forum Entrance - All fitness levels and abilities are welcome. Don't be Shy!

Training Plans – All paid Octomax and Quartermax registrants will receive a free training plan from Training Bible Midwest. You will receive the free plan code, by email, after registering.

#### SCHEDULE

This schedule is tentative – it may change slightly.

The Halfmax National Championship is being held the day before the Club Championship, and is included in the schedule (club members can earn points at Halfmax as well).

Friday, September 14<sup>th</sup> (@ the Innsbrook Conference Center)

12p-8p\*\* Expo & Packet Pickup/Late Registration

4p-5p FREE Clinic: Topic TBA

5p-6p Optional Halfmax Race Talk – includes video course preview

\*This is Halfmax Packet Pickup, but Quartermax and Octomax packets will also be available at this time.

Saturday, September 15<sup>th</sup> (@ Race Site – Aspen Lake)

5:45a-7:15a - Body Marking/Time Chips/Transition Open

7:30a – Halfmax Race Start

10a – Food Tent Open

4p – Course Closes

3:30p-6:30p – Awards Celebration

5:30p-6:30p – Awards Dinner (tickets available for Quartermax/Octomax)

-----

(@ Innsbrook Conference Center)

2:30p-8p – Quartermax/Octomax Expo&Packet Pickup

2p-3p – FREE Clinic: Topic TBA

3:30p-4:30p – FREE Clinic: Transitions&Race Nutrition for Newbies

-----

Sunday, September 16<sup>th</sup> (@ Race Site – Aspen Lake)

6:30a-8a – Transition Open

6:45a-7:45a – Packets Available\*

8a – Race Start (race will start in waves/waves are determined by age group)

9a – Food Tent Open

~12p – Awards Ceremony

5p – Party with food, drinks & music

\*NOTE: There is no official packet pickup on Sunday morning. We will bring all packets to the body marking/transition area each morning, for those that cannot get their packets the day before the race, but shirts and goody bags will not be available the morning of the race (you can pick up your shirt at the Merchandise Tent, following the race).

#### CLUB BENEFITS

- Clubs with 25 or more competing members will have a 10X10 tent at the expo, including a club banner (if your club has less than 25 competing members and you would like to rent a tent – OR – you have more than 25 members but prefer to bring your own tent, please contact [shandra@ultramaxtri.com](mailto:shandra@ultramaxtri.com)).
  - Tent is only guaranteed if 25 or more registrations are received by August 15<sup>th</sup>, 2007.
- All club members will receive a special event shirt, listing all of the competing clubs.
  - Special t-shirts are only provided for racers that register by August 15<sup>th</sup>, 2007.

#### RULES

USA TRIATHLON (USAT) competition rules will apply. These rules are found in the Triathlon Competition guidebook.

Please Note: Per USAT rules all athletes must present a photo ID at registration. NO ONE will be permitted to race without a photo ID. Also, YOU must pick up your own packet - you cannot have someone pick up your packet for you.

#### REGISTRATION CONFIRMATION/RACE UPDATES

If you register online, you will receive an email confirmation immediately. If you mail in your registration form, please allow up to 3 weeks for processing.

A complete document of race information will be e-mailed and made available on the website 10 days prior to the event. Please provide a current email address when registering, as we cannot ensure that this information reaches you otherwise. If you do not wish to provide an email address, please download the packet from the main page of the Quartermax Website, ~10 days prior to the race.

Monthly email updates will also contain announcements about all Ultramax Events races (sign up for email updates at the top of the page).

## DIRECTIONS & LODGING

From the East (From St. Louis) take Highway 70 West to the first Wright City exit (Exit 200), and travel south for five miles on Highway F. Drive time from St. Louis Int'l Airport: ~ 40 minutes.

From the West (From Kansas City) take Highway 70 east to the first Wright City exit (Exit 199); turn right at the top of the exit; then left on South Outer Road. Make a right at the stop sign, then a right onto Highway F. Continue south on Highway F for five miles. Drive time from Kansas City Int'l Airport: ~ 3 1/2 hours.

Innsbrook Resort

#1 Aspen Circle

Innsbrook, MO 63390

(if you can't find this in a mapping program, enter "Wright City, MO" for your destination – after exiting to Wright City, you will be able to follow the directions listed above after)

Lodging -

## HOST RESORT: INNSBROOK

For reservations: 636-928-3366

Innsbrook has condos/rooms that vary in price – all have full kitchens and baths. They will work with you to put you in the accommodations that best fit your needs.

## PARKING AT THE RACE

Volunteers will park you, according to space, in one of two places:

Option 1- There is parking in the grass field across from the Finish Line. When that is full...

Option 2 – There is plenty of parking down the road from the Race Site/Finish Line. Depending on your spot, you may have to walk up to a half mile. Please plan to arrive early enough to walk to the race site, in case you end up in the overflow parking.

Please be courteous to our parking volunteers. They are getting up very early for the express purpose of helping you have a great race – it is not their fault if you do not get your ideal parking spot.

## SPECTATORS

We will have information for spectators closer to the race, and the race program you will receive at the race. Please encourage spectators to pick a spot (they will see you three times if they stay at the Race Site/Finish Line) and stay there. Any additional traffic on the course just adds to your inconvenience, and could compromise your safety.

