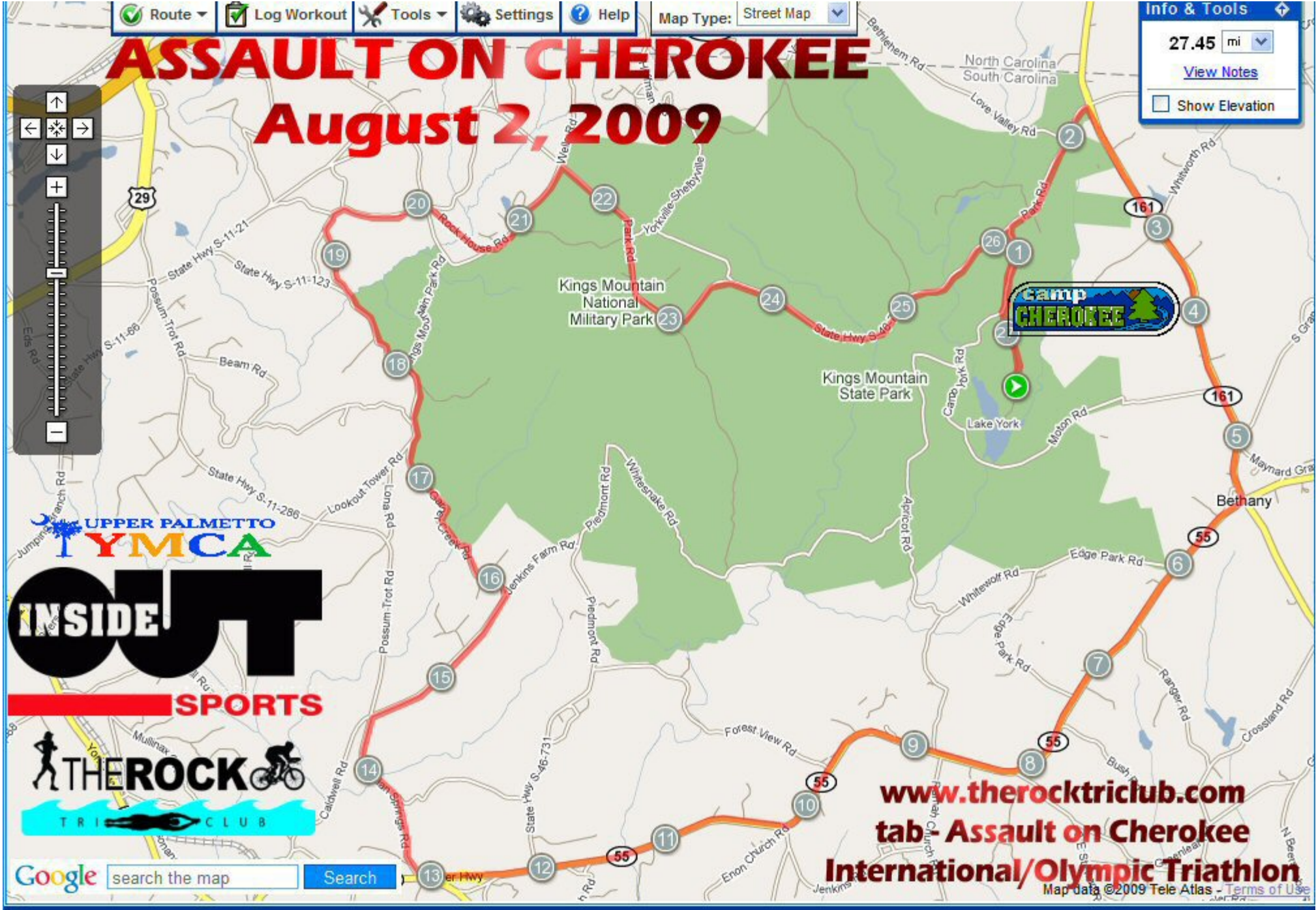


ASSAULT ON CHEROKEE

August 2, 2009

27.45 mi
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UPPER PALMETTO
YMCA

INSIDE
OUT
SPORTS

THE ROCK
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tab - Assault on Cherokee
International/Olympic Triathlon

Google search the map Search

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ASSAULT ON CHEROKEE

International/Olympic Triathlon
1300 meter swim, 42+K bike & 10K run
August 2, 2009



Schedule:

Registration:

- **Individual** - \$60 until July 15, then \$70 up & on race day
- **Relay** - \$90 until July 15, then \$100 up and on race day

There is a \$10 same day USAT fee if not an annual USAT member. Participants must pick up their own packages in person and have a drivers license or picture id and proof of membership.

- Gates open at 5:45 am for transition set up. Shoes will be required to get to T1.
- Pre-event meeting at 7:15 am at waterfront.
- Wave start time is 7:30 am.
- Awards to begin at approximately 11:00 am.

Awards for all age groups, Clydesdales and Athenas.

For event participants - there will be post race BBQ by Alston Bridges of Shelby, NC.

SC State Troopers will be monitoring the bike course.

Questions, please contact Jim Martin at 704.517.9585 or trijimmartin@yahoo.com

Registration now online at www.sportoften.com
For maps & directions, www.therocktriclub.com
then the tab for Assault on Cherokee



Based out of Camp Cherokee on the borders of both North & South Carolina, the 1st Annual **ASSAULT ON CHEROKEE International/Olympic Triathlon**

is an open water swim on Lake York (non-motorboat lake), a bike route with both flat smooth roads for speed and then a few rolling hills, and a fantastic run with full tree canopy. The whole event is located in and along the Kings Mountain State and National Military Park systems.