

## REGISTRATION INFO

### Register on-line at:

**signmeup.com/68971**

Deadline for on-line registration is Fri  
May 21<sup>st</sup>.

### Register at local retailer:

#### Athletes Lounge\*

2600 NW Vaughn

Portland OR

(503) 477-5906

retail@athleteslounge.com

\*Wetsuits available for rent

Deadline for in-store registration is Fri  
May 21<sup>st</sup>

### Register by mail:

#### GECKO Tri Club

c/o Mike Healey

POBox 20173

Portland, OR 97294

Please mail your registration early. We  
need to receive your registration at the  
POBox no later than Wed May 19<sup>th</sup>

### Register Day of Swim:

#### Additional \$10 Fee

Day of swim registration and packet  
pickup will be located at the picnic area  
at Boat Ramp "C".

800m 8:00-8:45am

2000m 8:00-9:15am

4000m 8:00-10:15am



## PACKET PICK-UP

Packet pickup and day of swim registration will  
be located at the picnic area at Boat Ramp "C".

800m 8:00-8:45am

2000m 8:00-9:15am

4000m 8:00-10:15am

## OPEN WATER SWIM CLINIC:

Day/Date: Saturday, May 22, 2010

Time: 9:00am – Start of clinic

11:30am – Approximate start for practice swim  
at Hagg Lake

Speakers: Michelle Macy, Joe Oakes, and other Tualatin  
Hills Barracudas Open Water Swimmers

Kick off your Triathlon and Open Water season with an  
inspirational talk by swimmers well known in the Open Water  
community. Michelle Macy and Joe Oakes, along with others  
from the Tualatin Hills Barracudas, will guide you through the  
finer points of Open Water Swimming. They will discuss the  
concept of "building your toolbox" to deal with various  
conditions in an open water swim. This is a must-hear  
presentation for the beginner and veteran swimmer.

The clinic will be followed by a swim at Hagg Lake where you  
will get an opportunity to practice the tips you've just learned.  
Beginners will be paired up with more experienced swimmers  
to allow you to get acclimated to the water in a safe  
environment.

For more details, check on the Barracudas web site  
(<http://www.barracudas.org/>) or contact Tim Cespedes at  
timcespedes@gmail.com or 512-626-6990.

## VOLUNTEERS NEEDED

Please call

Mike Healey (503)780-9077

For the latest info on GECKO Tri Club activities & events:

Join their yahoo e-group:

[geckotriclub@yahoogroups.com](mailto:geckotriclub@yahoogroups.com)

(non-members welcome)

Check out their website or Email:

[www.geckotriclub.com](http://www.geckotriclub.com)

[info@geckotriclub.com](mailto:info@geckotriclub.com)

For the latest info on Tualatin Hills Barracudas masters swim  
club activities & events:

Check out their website or Email:

[www.barracudas.org](http://www.barracudas.org)

[membership@barracudas.org](mailto:membership@barracudas.org)



**BARRACUDAS**  
TUALATIN HILLS

**PRESENT**

## The 7th Annual Hagg Lake Open Water Swim

Sunday, May 23, 2010

800m Starts at 9:00am

2000m Starts at 9:30am

4000m Starts at 10:30am



Sponsored  
by:

**athleteslounge**  
the new

## EVENT INFO

### PRESENTED BY:

The event is presented by the GECKO Tri Club and the Tualatin Hills Barracudas, an OMS/USMS masters swim club.

**SPONSORED BY:** **the new**  
**athleteslounge**

### RAFFLE DRAWING:

After the awards, there will be a raffle drawing for a **new wetsuit**. You must be present to win. Wetsuit generously donated by the new Athletes Lounge.

### FOOD:

A BBQ (grilled burgers, hot dogs, veggie burgers, etc.) will be served to participants following the race.



### AWARDS:

Awards will begin at 12:00pm. We will be recognizing the top 3 swimmers in each distance in the following age groups:

M under20, M20-29, M30-39, M40-49, M50-59,  
M60-69, M70-79, M80 and over  
W under20, W20-29, W30-39, W40-49, W50-59,  
W60-69, W70-79, W80 and over

### USMS SANCTIONED EVENT:

All three swims are sanctioned under USMS, however only the 2000 and 4000 will count for the OMS Open Water Series scoring.

## HAGG LAKE INFO

### RACE DESCRIPTION:

The events will begin on the shore near Boat Ramp "C". The courses will be triangular, and marked by large orange floating buoys. All courses will be monitored by boats and kayaks.

### DAILY PASS REQUIRED:

**A daily pass or Season pass must be displayed at all times in your vehicle within the Park.** A daily pass can be purchased at the gate of the park on race morning. **The fee is \$5.00. Bring CASH – EXACT AMOUNT. In the early hours they only have an automated machine which REQUIRES EXACT AMOUNT.**



### DIRECTIONS:

Visit Henry Hagg Lake's website for information:  
[http://www.co.washington.or.us/Support\\_Services/Facilities/Parks/Hagglake/location.cfm](http://www.co.washington.or.us/Support_Services/Facilities/Parks/Hagglake/location.cfm)

Google/GPS: 50250 SW Scoggins Valley Road  
Gaston, OR 97119



### WETSUIT RENTAL:

A wetsuit is strongly recommended, but not required. Wetsuits are available for rent at the new Athletes Lounge, 2600 NW Vaughn, Portland OR, [retail@athleteslounge.com](mailto:retail@athleteslounge.com), (503) 477-5906. Please visit Athletes Lounge for an expert fitting and to reserve your size.

## REGISTRATION FORM

EVENT	START	Price	Day of Swim	Price
<input type="checkbox"/> 800m	9am	\$25		\$35
<input type="checkbox"/> 2000m	9:30am	\$25		\$35
<input type="checkbox"/> 4000m	10:30am	\$25		\$35
<input type="checkbox"/> 2 Events	see above	\$30		\$40
Which 2 events? <input type="checkbox"/> 800m <input type="checkbox"/> 2000m* <input type="checkbox"/> 4000m*				
*2000m & 4000m count for open water series				
<input type="checkbox"/> All 3 Events	see above	\$35		\$45
Total \$				_____

Paid:  Cash  Check # \_\_\_\_\_  
Credit Cards only accepted through on-line registration

Please make check payable to:

**GECKO Tri Club**

Name: \_\_\_\_\_  
 Male  Female  
Age on Race Day \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

USMS# \_\_\_\_\_  
Not required: only provide if competing as USMS member