

# HOGS and LOGS triathlon

November 5, 2011 10am race time

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| Where | Start and finish will be Constitution Square Historic Site. The race will loop around the City of Danville.                |
| What  | This relay race consists of 4 individual legs and 1 final "dessert" team leg. Each leg will vary on distance and activity. |
| Why   | Because with this much BBQ goodness hitting Danville with the KY BBQ Festival, we need to be calorically ready!            |
| Cost  | Early sign up fee is \$80 per team (\$20 a person). After October 15th, the price is \$100 per team (\$25 a person).       |
| Who   | The folks at the KY BBQ Festival and the Danville/Boyle CVB are hosting this race.   |

## Leg#1 Wings Give You Wings

After a dozen of Lucky Dog's chicken wings, you are off and running just under 3 miles to Mallard's. This leg goes through Millennium Park and the Fairgrounds.

## Leg#2 Burger Murder

A quick burger at Mallard's has you off and sprinting to the Wellness Center back door for a two lap swim (with floatie) and then run back downtown along 150. (around 2.3 miles). End at Melton's. How will you handle the run/swim/run transition?

## Leg#3 Club To The Gut

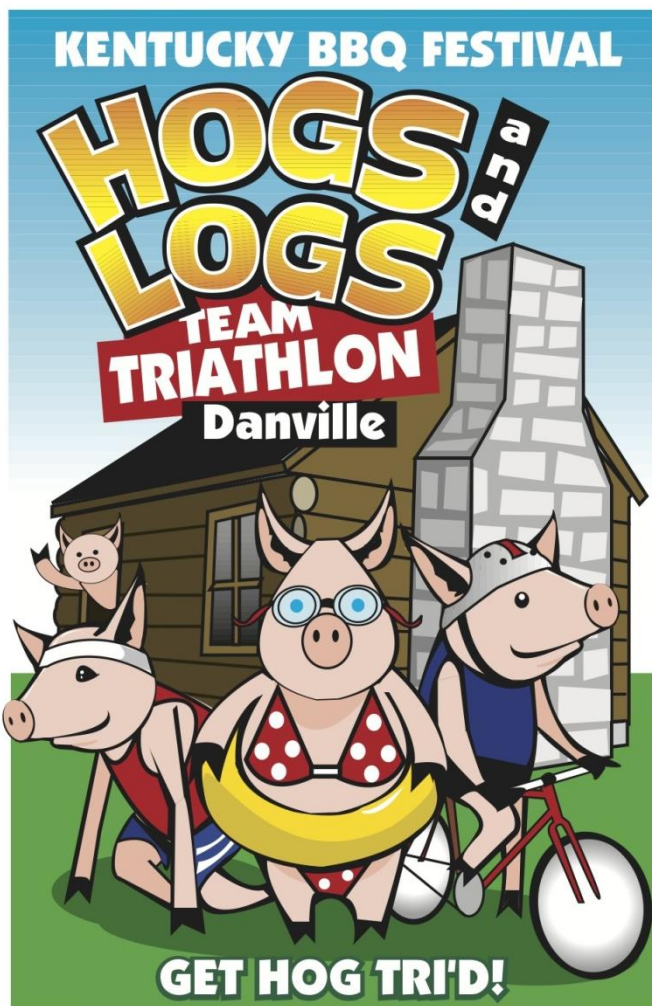
Who's your daddy? The Big Daddy Club at Melton's awaits this team member--plenty to power them through a ten mile bike loop out Bluegrass Pike. Finish at 303W.

## Leg#4 Veg Out

303W will have a healthy vegetarian option (veggie burger) for you at this stop with nice sides. Will it stick to your ribs as you then run the Volksmarch 5K route around the historic downtown? Finish at Constitution Square (Governor's Circle).

## Leg#5 Twisted Team Finish

Each team member must consume one cupcake and then complete a short sprint to the finish line. There will be a surprise but tasty element to the finish for one or all of your team members, so be prepared for a saucy slide and wild finish.



We hope to see everyone for the KY BBQ FESTIVAL and the Hogs & Logs Triathlon!

## GET HOG TRI'D!

|                    |                          |                            |              |
|--------------------|--------------------------|----------------------------|--------------|
| INFO <sup>OR</sup> | Amandalin Ryan           | mandy@betterindanville.com | 859.236.7794 |
| REGISTER           | Danville Bike & Footwear | info@dbfky.com             | 859.238.7669 |