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06.07.09



REVOLUTION³

THE OFFICIAL RACE GUIDE
MIDDLEBURY, CONNECTICUT



REVOLUTION3 WELCOMES YOU

Welcome, Triathletes, to beautiful Middlebury, CT, and the Revolution3 Triathlon! We are psyched to have you here!!

From the beginning, Revolution3 has been about change; change for both the triathlete and the family. Our goal is to maximize the enjoyment of everyone involved – in all aspects of our events. Whether you are competing, volunteering, or just watching, we intend to make your experience a memorable one.

By incorporating cutting edge technology into our events, we intend to bring our sport and the enjoyment of it to a new level on race day. Whether you are tracking your favorite athlete through the Trakkers unique “real time” GPS system, or enjoying the day through our interactive web experience, Revolution3 offers something for everyone.

We are also proud to acknowledge our families and support crews. We understand that families make sacrifices so that loved ones can pursue their athletic passions. Our amusement park setting, first-class expo, on-site stadium screen, and Trakkers computer lounge will make everyone feel at home and bring the race day action to life.

On behalf of the Revolution3 Triathlon, thanks again for allowing us the opportunity to serve you; please consider being part of our 2010 series offerings. Have a great race day experience!

Respectfully,

Todd and Heather Gollnick
Revolution3 Triathlon



The Gollnick Family

“Whether you are competing, spectating or volunteering we intend to make your experience a memorable one.”

**Todd Gollnick
Race Director**

REVOLUTION3:

Offering Up Change for the Multisport Participant

What is Revolution3 all about? What are we doing differently in the triathlon world? We’ve been asked those questions a lot lately, since we introduced our inaugural half-iron distance race, Revolution3. Revolution3 was launched in 2008 with the idea of offering all triathletes a fun, first-class race experience. “Ultimately, we are focused on providing first-class multisport events geared to both professional athletes and the first-time multisport participant,” says Todd Gollnick, Revolution3’s Race Director.

Revolution3 will create a unique experience by choosing race venues like Quassy Amusement Park, that offer family-friendly activities throughout the race weekend, real-time tracking technology that offers a unique experience for the athlete and spectator, and creating fun events all weekend long for the entire family.



Our immediate goal is to make triathlons a more interactive and enjoyable experience for spectators and family members. We’re about change. Change for the age-grouper, change for the professional athlete, and change for the spectators.



Photo by Dan Hicok



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EVENT SCHEDULE

FRIDAY June 5, 2009:

ACTIVITY	TIME	LOCATION
Athlete Practice Swim	7:00 am - 10:00 am	Quassy Beach
Volunteer Meeting for Registration Volunteers	3:00 pm	VIP Tent
Packet Pick-up	4:00 pm - 7:00 pm	Expo Pavilion
Vendor Expo	4:00 pm - 7:00 pm	Quassy
Revolution3 Retail Store	4:00 pm - 7:00 pm	Quassy

SATURDAY June 6, 2009:

ACTIVITY	TIME	LOCATION
Athlete Practice Swim	7:00 am - 10:00 am	Quassy Beach
Heather Gollnick's IronEdge Swim Clinic	8:00 am	Quassy Beach
Vendor Expo	9:00 am - 7:00 pm	Quassy
Little Rev Splash & Dash	10:00 am	Quassy Beach
Revolution3 Retail Store	10:00 am - 7:00 pm	Quassy
Bike Check-In	10:00 am - 7:00 pm	Quassy Transition
Bike Tech Support	10:00 am - 7:00 pm	Quassy Transition
Media / V.I.P. Check - In	10:00 am - 5:00 pm	VIP Tent
Packet Pick-up	10:00 am - 6:00 pm	Quassy Transition
Pro Athlete Meet & Greet	11:45 am	VIP Tent
Pro Briefing - Mandatory	12:30 pm	VIP Tent
Heather Gollnick's IronEdge Bike Clinic	3:00 pm	Lakeside Pavilion
Athlete Briefing	2:00 pm & 5:00 pm	Expo Pavilion
Volunteer Meeting	7:00 pm	Lakeside Pavilion
Praise & Pray (Young Life Club)	8:00 pm	Expo Pavilion

SUNDAY June 7, 2009:

ACTIVITY	TIME	LOCATION
Transition Opens	5:00 am	Quassy Transition
Body Marking	5:00 am - 6:30 am	Quassy Transition
VIP/ Media Services	5:00 am	VIP Tent
Professional Start	6:55 am	Quassy Beach
Age-Group Wave Start	7:02 am	Quassy Beach
Vendor Expo	7:00 am - 5:00 pm	Quassy
Revolution3 Retail Store	9:00 am - 5:00 pm	Quassy
Athlete Bike Recovery	TBD	Quassy Transition
Awards Ceremony	TBD	Expo Pavilion

~ Location/Times subject to change

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3X Ironman Champion
CHRIS LIETO

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IRONEDGE COACHING BY HEATHER GOLLNICK

5x Ironman Champion

Congratulations, athletes! We are thrilled to have you join us here in Middlebury for what is sure to be one of the greatest annual events on the triathlon calendar. At IronEdge, we know what it takes to prepare yourself for an event like this and we also understand the impact proper coaching can have on your overall success throughout the year.



We believe that a personalized coaching program is the most effective way to achieve the athletic performance or the lifestyle change you desire. Multiple Ironman Champion Heather Gollnick and the IronEdge Team would like become your consultant and your tour guide. We will help you navigate through this journey

and shorten your learning curve. Through effective communication, the monitoring and analysis of your training, detailed professional instruction, and the use of the most up-to-date information and technology, we can help you achieve your goals faster and more effectively, while making the process fun.

Most importantly, we understand the significance of achieving balance in life. As a mother of three, professional athlete and business owner Heather has done it all, and continues to keep it all in the proper perspective. If you believe that we can help you take it to the next level, please contact us today for your consultation.



www.ironedgecoaching.com
www.heathergollnick.net



Photo by Dan Hicok



Photo by Dan Hicok

THE LITTLE REV Splash & Dash (Just for Kids)

One way Revolution3 wants to “revolutionize” the world of multi-sport racing is by enhancing the experience for the entire family. Our primary goal with the Little Rev is to show youngsters that healthy outdoor events are fun, exciting and rewarding.

The Little Rev takes place Saturday, June 6th at 9 am inside Quassy Amusement Park. The entry fee is \$30 per child, or \$40 for a two-person relay team. ALL participants must show proof of USA Triathlon Membership or pay the annual fee of \$5.00 at registration. Everyone is a winner!!!

Course Distances and Event Schedule:

AGES	SWIM	RUN
Juniors (5-10 yrs):	100 yd swim	1/2 mile run
Seniors (11- 15 yrs):	200 yd swim	1 mile run

SATURDAY June 6, 2009:

ACTIVITY	TIME	LOCATION
Packet Pick-UP	8:30 am - 9:30 am	Quassy
Little Rev Splash & Dash	10:00 am	Quassy



SWIM COURSE



WAVE CATEGORY

1. Pro Men
2. Pro Women
3. Men 30-34
4. Men 35-39
5. Women 30-39/Athena
6. Men/Women 29 under
7. Men 40-44
8. Men 45-49/Clydesdale
9. Women 40 and up
10. Men 50 and up/Relay

TIME

- 6:55 am
- 6:57 am
- 7:02 am
- 7:04 am
- 7:06 am
- 7:08 am
- 7:10 am
- 7:12 am
- 7:14 am
- 7:16 am

RULES

- **SWIM CAP:** Every participant is required to wear the Revolution3 swim cap included in your packet. These swim caps are appropriate to your wave/division.
- **WETSUITS:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however, that participants who wear a wetsuit within this temperature range will not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.
- **SWIM COURSE:** Follow the marked Revolution3 buoys the entire race course. The red buoys mark the two turns. Any assistance required during the swim will result in disqualification. No fins, paddles, snorkels, or flotation devices of any kind are allowed. No individual paddlers or escorts are allowed. Course will be adequately patrolled by surfboards, kayaks, and patrol boats.

BIKE COURSE



TURN BY TURN DIRECTIONS

1. Right Out of Transition at Quassy
2. Right On Tuttle Road
3. Straight On Cat Swamp Road
4. Right On Middle Road Turnpike
5. Left On Quassapaug Road
6. Right On Route 6
7. Left On North Street
8. Continue Straight to Route 63
9. Right On Route 109
10. Left On Route 6
11. Left At Light Onto 254
12. Left Onto Center St.
13. Continue Straight Onto 254
14. Left Onto 118
15. Left On Chestnut Hill Road
16. Right On Camp Dutton Road
17. Left on Route 63
18. Right On Route 61
19. Hard Right On Alain White Road
20. Continue White Wood Road
21. Turn Around on White Wood Road
22. Back On White Wood and Alain Road
23. Cross Route 109
24. Continue On Route 61
25. Cross Route 6
26. Straight On Quassapaug Road
27. Straight On Watertown Road
28. Straight On Tranquility
29. Right On Route 64
30. Right Into Bike Transition At Quassy

RULES

- **BIKE REGISTRATION:** Mandatory and must be completed during the athlete registration process. All bikes will be racked on Saturday, June 6th, at Quassy Transition.
- **BIKE CHECK IN:** All bikes will be checked in on Saturday. Race officials reserve the right to reject any bike that does not meet safety standards. If a bike does not meet safety standards, the contestant will be required to correct the problem before participating in race. Once the bike is checked into the holding area, only small covers on the seat and/or computer will be allowed. Large plastic bags that cover the entire bike will be permitted.
- **HELMETS:** Must be worn at all times while on your bike. This means before, during, and after the event. Chin straps must be buckled at all times when on the bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

RULES ON DRAFTING

- **DRAFTING:** Keep at least three bike lengths of clear space between you and the cyclist in front of you. If you move into the drafting zone, you must pass within 15 seconds.
- **POSITION:** Keep to the right-hand side of the travel lane unless passing.
- **BLOCKING:** This is riding on the left side of the lane without passing anyone, and interfering with cyclists attempting to pass.
- **OVERTAKEN:** Once passed, you must immediately exit the draft zone from the rear before attempting to pass again.
- **PENALTY:** Variable time penalty

RUN COURSE



TURN BY TURN DIRECTIONS

1. Right at Sherman Hill Rd
2. Right at Tuttle Rd
3. Right at White Deer Rock Rd
4. Turn around at Sandy Beach Rd
5. Left at Tuttle Rd
6. Left at Sherman Hill Rd
7. Right at Christian Rd
8. Right at Judd Hill Rd
9. Right at Old Sherman Hill Rd
10. Left at CT-64/ Middlebury Rd

RULES

- No form of locomotion other than running, walking, or crawling is allowed
- **HEADPHONES:** Headphones, headsets, walkmans, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.
- **RACE NUMBERS:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete who is not competing. There is a variable time penalty for missing or altered number.
- **UNSPORTSMANLIKE CONDUCT:** Foul, harsh, argumentative, or abusive language, or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators, or fellow athletes is forbidden. This type of penalty will result in disqualification.

NATASCHA BADMANN

6x Ironman Champion Races Revolution3

Natascha Badmann is a professional triathlete from Switzerland and the first European woman to win the Ironman Triathlon World Championships. She won those Championships, held in Kailua-Kona, Hawaii, not once, but many times, in 1998, 2000, 2001, 2002, 2004, and 2005.

Natascha works in Switzerland as a social worker, and speaks Swiss German, English, French, and Italian. She currently lives in Winzrau, Switzerland, with her husband Toni and daughter Anastasia. Her daughter Anastasia was born days before she turned 18. Nicknamed the “Swiss Miss,” Badmann won her first Ironman World Championship at the age of 29, when her daughter was already 13 years old. Her husband, Toni Hasler, is her coach and nutritionist.

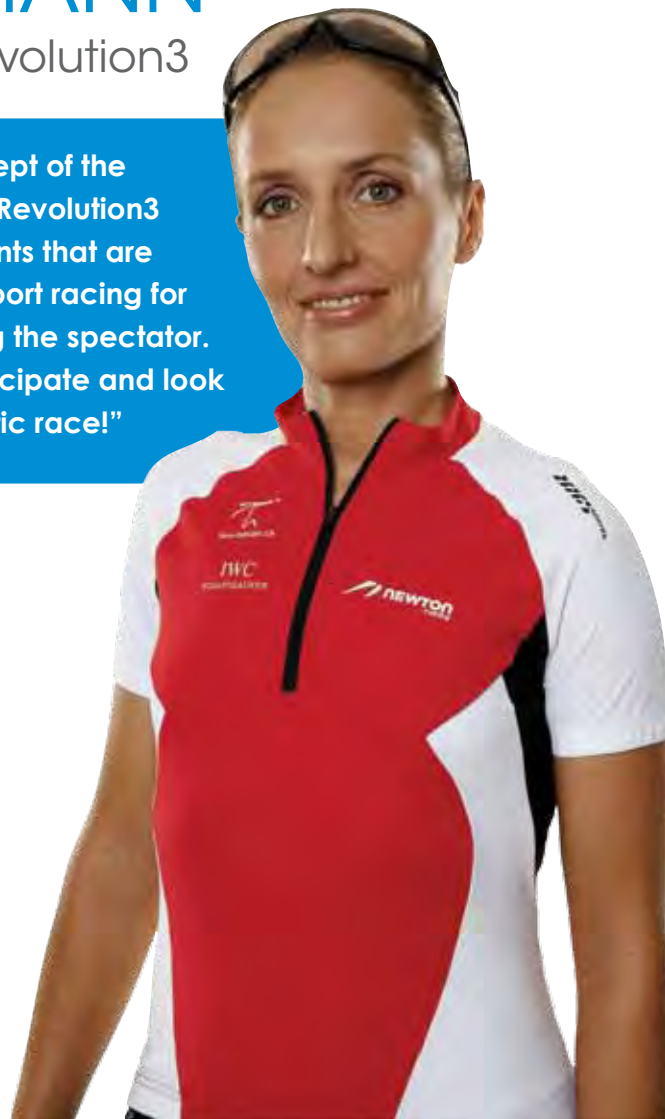
At the 2007 Hawaii Ironman, Badmann hit a cone on the bike leg and injured her shoulder and collarbone. Although she wanted to continue the race, Hasler convinced her to drop out to prevent further injury. The year before, stomach problems had nearly caused her to drop out; early into the run, Natascha stopped and threw up. Struggling to continue, she began to walk. In a dramatic moment, with tremendous support from cheering fans, Badmann, crying,

“I like the concept of the Revolution3 race. Revolution3 combines elements that are enhancing multi-sport racing for everyone, including the spectator. I am thrilled to participate and look forward to a fantastic race!”

began jogging. She finished 10th with a personal-worst marathon time of 3:27:54.

Badmann is known for her dominating ability on the bike leg of the triathlon, and her positive attitude (Badmann is often seen smiling and actively responding to spectators throughout much of the triathlon).

Source: Wikipedia



Natascha Badmann Career Highlights

YEAR	RACE	PLACE
2007	Blackwater Eagleman Half Ironman	Winner
2007	Ironman South Africa Triathlon	Winner
2006	Blackwater Eagleman Half Ironman	Winner
2006	Ironman South Africa Triathlon	Winner
2005	Ironman Hawaii	World Champion
2005	Blackwater Eagleman Half Ironman	Winner
2005	Florida Half Ironman	Winner
2005	Ironman South Africa Triathlon	Winner
2004	Ironman Hawaii	World Champion
2002	Ironman Hawaii	World Champion
2001	Ironman Hawaii	World Champion
2000	Ironman Hawaii	World Champion
1998	Ironman Hawaii	World Champion
1997	Triathlon Vuokatti	European Champion

COMPETING PROFESSIONALS

1

PAUL AMEY
Great Britain

4

TIMOTHY BERKEL
Canada

43

MIRINDA CARFRAE
Brisbane, Australia

47

BROOKE DAVISON
Boulder, CO (USA)

12

JOHN HIRSCH
Black Island, NZ (USA)

16

MICHAEL LOVATO
Boulder, CO (USA)

28

TIMOTHY O'DONNELL
Boulder, CO (USA)

22

WILL SMITH
Mt Horeb, WI (USA)

56

MELISSA VANDEWATER
Sydney, Australia

40

NATASCHA BADMANN
Aargau, Switzerland

42

JOAN BLAFOSS
Denmark

44

LEANDA CAVE
Hilperforth, UK

48

DESIREE FICKER
Austin, Texas (USA)

50

REBEKAH KEAT
Australia

17

ALEX MCDONALD
Durham, NC (USA)

19

TOBY RADCLIFF
Carrhallon, Surrey, UK

54

CAIT SNOW
Brookton, WA (USA)

57

BREE WEE
Kato, HI (USA)

2

RYAN BATES
Greensville, NY (USA)

5

RAYMOND BOTELHO
Cape Cod, MA (USA)

45

FLORENCE CHRETIEN
France

9

JOE GAMBLES
Australia

13

JOHN KENNY
Horsham, PA (USA)

52

LISA MENSINK
Netherlands

20

JORDAN RAPP
Westchester, NY (USA)

55

EILEEN SWANSON
San Ramon, CA (USA)

27

JAMES WHITE
New Zealand

3

LUKE BELL
Melbourne, Australia

6

CAMERON BROWN
New Zealand

8

JONAS COLTING
Sweden

49

BELINDA GRANGER
Waverley, NSW, Australia

51

JO LAWN
New Zealand

53

ANGELA NAETH
Parkston, BC, Canada

29

MATT REED
Boulder, CO (USA)

23

DAVID THOMPSON
St. Paul, MN (USA)

58

KELLY WILLIAMSON
Austin, Texas (USA)

41

LISA BENTLEY
Canada

7

MIKE CAIAZZO
Portland, ME (USA)

46

JEN COOMBS
Austin, Texas (USA)

11

LEON GRIFFIN
Victoria, Australia

15

TYLER LORD
Milton, Ontario, Canada

18

KIRK NELSON
Longmont, CO (USA)

26

TORBJORN SINDBALLE
Denmark

24

SIMON THOMPSON
Australia

59

JOANNA ZEIGER
Boulder, CO (USA)

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REVOLUTION3 RACE PHOTOS



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THE V FOUNDATION CHARITY

Supporting Cancer Research

Revolution3 is proud to announce our charitable partnership with ESPN's Dick Vitale and the V Foundation. Says Vitale, "I strongly endorse the efforts of Heather and Todd Gollnick and the Revolution3 Triathlon. They are certainly champions in the biggest game of all, THE GAME OF LIFE. They plan on playing a vital role in helping me with my dream of raising dollars to beat the dreaded disease we know as cancer."

Revolution3 Triathlon is proud to announce our association with The V Foundation for Cancer Research. Revolution3 donated \$10 of every race entry fee to The V Foundation.

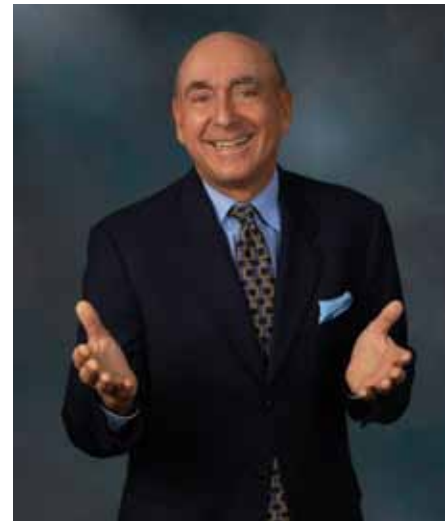
Since its inception in 1993, The V Foundation for Cancer Research has raised more than \$80 million and awarded 343 grants to 92 institutions in 38 states. As responsible stewards of your funds, 100 percent

of every dollar raised by The V Foundation directly supports cancer research and related programs. By investing in promising scientists and researchers, The V Foundation will not give up until cancer has been soundly defeated.

Charity Navigator, America's premier charity evaluator, provides donors with the critical information they need to give them confidence in the charitable choices they make. The V Foundation

has earned the fifth consecutive Charity Navigator 4-star rating for its efforts to operate with utmost fiscal responsibility. Only three percent of charities have received this rating,

indicating that The V Foundation outperforms most charities in America.



 www.jimmyv.org

DAVID NAELO

Cancer Survivor & Career Triathlete Leads Fundraising Efforts

One of the most thrilling and rewarding aspects of planning the Revolution3 Triathlon has been witnessing the dedication and personal investment of the registered athletes. Although the event is a physical endurance competition, it's also a labor of love, with the ultimate goal of raising funds to fight one of the world's most devastating diseases.

Many of our race participants have chosen to compete in the Revolution3 Triathlon to commemorate the loss of a loved one or to celebrate their own struggles against—and triumphs over—cancer. David Naelon, a seasoned triathlete from North Carolina, is one of those admirable fighters. A survivor of Hodgkin's Lymphoma (and married to a fellow survivor and triathlete), David made it his personal mission to

raise as many funds as possible for the cause.

His hard work has paid off—to date, David has generated over \$3,000 for the V Foundation, more than any other registered competitor. His results attest to his strong personal commitment to promoting the elimination of this devastating disease. To raise the funds, David enlisted the support of his friends and family members, and also approached businesses that match charitable contributions of their employees. And through it all, he's continued to train for the event and recruit fellow athletes to compete.

As David puts it, "The rewards are the people you meet and influence, and who influence you. It's having a passion that allows you to share your faith and help others." Visit www.rev3tri.com to find out how you can get involved.



TRAKKERS

Real-Time Tracking

Trakkers, the all new GPS-based, real-time tracking device, is the world's most robust athlete tracking system. Trakkers will be debuting at Revolution3 and will be worn by select athletes to demonstrate its state-of-the-art technology to spectators and racers alike. Friends and family will now be able to follow their athlete online in real time, seeing his or her pace, elevation, heart rate and distance traveled. Family members can follow right along with their athlete! Be sure to check out the large screens throughout the park to see how this dynamic technology is changing the race for the spectator.



TEAM TO WATCH: TEAM BLAZEMAN



Team Blazeman is a nationwide team of multisport athletes who compete for a cause larger than themselves. Members of Team Blazeman, known as Blazeman Warriors, help carry out the mission of The Blazeman Foundation for ALS by raising awareness about ALS. As they train and race, Blazeman Warriors raise awareness and commit to attainable fundraising objectives to support cutting-edge scientific research to find the causes and a cure for ALS.

Check out Team Blazeman at the Expo and cheer them on at the race.

www.waronals.com

www.trakkersGPS.com

RACE VIDEO

Live Video of Your Race on Our Site

When Revolution3 created its race, it had some significant goals in mind. First, pick a venue that is fun, interactive, and for the entire family. Second, get everyone involved and create activities for the whole family. Third, change the way a race is viewed by the spectator and the participant. How is Revolution3 going to change the way the race is viewed and enjoyed? By offering live-video of the race on site for spectators and participants alike! This is one of the most overlooked tools in multi-sport racing. Revolution3 is making viewing the race a top priority.



Revolution3 has not only chosen a venue that offers a more spectator-friendly atmosphere – an amusement park – but has also invested in video technology that will be used throughout

the entire race. “Spectators enjoy front row action via stage screens set up in the transition area. Six cameras strategically placed throughout the course will broadcast live directly to the spectator. Combine this with real-time GPS athlete tracking and you, too, will see the revolution unfold,” says

Todd Gollnick, Revolution3's Race Director.

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2010 RACE SERIES

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