



The main focus of “Empire” is to foster a sense of community amongst the regional triathlon clubs.

Empire was brought to life with the intentions of creating an atmosphere of friendly competition amongst three of the local area Tri clubs with some secondary benefits of improving relations between them, increase awareness of the different clubs and their members, support the various local area Triathlons and continue to perpetuate the sport of Triathlon!

### **How it works:**

Club members that participate in any of the 6 local races (on reverse side of this page) will earn individual points for each race they finish. The athletes with highest points will win awards.

Further each club member’s points count towards a club total. Winning club will get “bragging rights” which to many is worth much more than swag or cash awards.



## 2011 Empire State Triathlon Series Races

	<p style="text-align: center;">Hudson Crossing Triathlon          June 12, 2011          500 yd swim, 12 mile bike, 5k run          Schuylerville, NY</p>	<p style="text-align: center;"><a href="http://www.hudsoncrossingtri.com">www.hudsoncrossingtri.com</a></p>
	<p style="text-align: center;">Fronhofer Tool Triathlon          August 6, 2011          Olympic: 8 a.m., Sprint: 2 p.m.          Lake Lauderdale, Cambridge, NY</p>	<p style="text-align: center;"><a href="http://www.fronhofertooltriathlon.com">www.fronhofertooltriathlon.com</a></p>
 <p style="text-align: center;">Crystal Lake          Triathlon</p>	<p style="text-align: center;">Crystal Lake Triathlon          August 20, 2011          800 yd swim, 18 mi bike, 3 mi run          Averill Park, NY</p>	<p style="text-align: center;"><a href="http://www.cdtriclub.org">www.cdtriclub.org</a></p>
	<p style="text-align: center;">Lake George Triathlon Festival          Sept 3-4, 2011          Lake George Tri (Olympic): Sept 3, 7 a.m.          Big George Tri (Half-Iron): Sept 4, 7 a.m.          Lake George, NY</p>	<p style="text-align: center;"><a href="http://www.lgtrifestival.com">www.lgtrifestival.com</a></p>