



# 14TH ANNUAL INDOOR TRIATHLON



## 300-YARD SWIM IN THE LAP POOL



## 5-MILE RIDE ON A STATIONARY BIKE



## 2-MILE RUN ON THE 1/8 MILE INDOOR TRACK

Early-bird entry fee (must be received by February 22; includes a t-shirt and post-event refreshments):

**Fitness Plus Members: \$25**  
**Non-members: \$35**  
**Member Teams: \$40**  
**Non-member Teams: \$50**

Additional \$5 charge for registrations received February 23-March 1 and additional \$10 charge for day-of registrations (as available).  
*Note: To be guaranteed your shirt size, please indicate size by February 22.*

If a team consists of Fitness Plus members and nonmembers, the team will be charged the member price.

Register at the Fitness Plus Service Desk or online at [fitnessplus.sfmc.net](http://fitnessplus.sfmc.net).

Call 573-331-5311 for more information.

## March 2 | 8 am

The 2019 Indoor Triathlon is designed for all levels, including advanced triathletes. This event includes a 300-yard swim in the lap pool, five-mile ride on a stationary bike and a two-mile run on the 1/8-mile indoor track. Participants may compete as individuals or as part of a team.

**Individual competition:** Each participant will complete all three events. Fastest time in each age group wins.

**Age divisions\* (male and female):** 19 and younger, 20-29, 30-39, 40-49, 50-59, 60 and older.

**Team competition:** Each team will consist of two or three participants. Team divisions will be male, female or coed. Participants may compete as an individual and on a team for the swimming portion only.

**Awards:** Awards will be given to first- and second-place winners in each age division and first-place teams in each division. Overall awards will be given to top male and female finishers. Finish medals will be awarded to all participants.

*\*If any age division has a large number of entries, it will be broken into five-year increments.*



## Indoor Triathlon 2019 Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Fitness Plus Member: Yes No Phone: \_\_\_\_\_ Email: \_\_\_\_\_

T-shirt Size: \_\_\_\_\_

\_\_\_\_ Individual Competition \_\_\_\_ Team Competition (list other members) Circle one: Male Female Coed

### Team Information:

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Member: Yes No

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

T-shirt Size: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Member: Yes No

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

T-shirt Size: \_\_\_\_\_

\*What is your team's estimated time for completing the event? \_\_\_\_\_

Entry Fee Paid: \_\_\_\_\_ **Check-in begins at 7:15 am; the event begins at 8 am. Registration will be in the Health and Wellness Center Conference Rooms (just off to the right of the lobby).**

*By signing below, the participants stated above acknowledge and accept the risk inherent in the use of Fitness Plus services and facilities. By using Fitness Plus services and facilities, participants hereby voluntarily assume the risk of injury, accident, death, loss, cost or damage to their property, which might arise from the use of Fitness Plus services and facilities. Participants and their heirs, executors, representatives or anyone claiming under him/her hereby release Fitness Plus from all claims or liabilities for personal injury or property damage of any kind sustained by the participants while on the premises of Fitness Plus, even if such injury, accident, death, loss, cost or damage is the result of the negligence of Fitness Plus or any of its members, employees or agents. Participants further agree to hold Fitness Plus harmless and indemnify Fitness Plus against any such claim, regardless of the cause.*

**My signature below indicates I have read and understand the preceding statements, and I do hereby accept them in their entirety.**

Signature of Individual or Team Member: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Team Member: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Team Member: \_\_\_\_\_ Date: \_\_\_\_\_