

St. Paul JCC

Spring Thaw Triathlon



Sunday, March 14, 2010
9 am - 1 pm

Jewish Community Center
of the Greater St. Paul Area
651-698-0751 • www.stpauljcc.org



This fun and exciting indoor event is just what you need to shake off the winter blues and prepare for summer. All participants will swim, bike, walk/run (in that order) with heats of no more than 6 - 8 people starting in the pool every 30 minutes.

There are two options for participation:

Short Course .25 mile (11 laps) swim
6 mile bike
1.5 mile run/walk

Long Course .5 mile (22 laps) swim
12 mile bike
3.1 mile (5K) run/walk

WHEN: Sunday, March 14, 2010

TIME: 9 am - 1 pm
(Last heat starts at 12 pm - you will receive start time one week prior to event.)

COST: \$18 member
\$30 non-member (must be sponsored by a participating member)

All participants will receive a long sleeve t-shirt!

WHO: Ages 13 and up are welcome!

**Register by
Monday, March 8, 2010**

Limited to 42 participants

**For more information, contact
Robin Feickert, Aquatics Director,
at 651-255-4762 or rfeickert@stpauljcc.org**



REGISTRATION FORM

Complete and return with payment to St. Paul JCC front desk or register online (login required) at www.stpauljcc.org

Name _____

Address _____

Phone _____ (H) _____ (C)

Email _____

I would like to start with the following people:

T-Shirt Size **S** **M** **L** **XL** **XXL**

(Please circle one)

Short Course _____ **Long Course** _____

Payment Method

Cash **Check** **Credit Card** - Visa, Mastercard or Discover
(Credit Card purchases in person, over the phone or online)

WAIVER. Knowing that participating in a fitness program is a potentially hazardous activity, I enter and participate certifying that I am medically able and properly trained. I assume all risks associated with this event. I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the St. Paul JCC and all other parties associated with the event, including staff and volunteers, from any and all claims to liability for death, personal injury or property damage of any kind or nature, arising out of, or in the course of, my participation in this event. The undersigned further grants full permission to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any purpose. I have read the foregoing and certify my agreement by my signature below.

Signature (by parent or guardian if participant is under 18)