

Come to Courts Plus for this great event and have some fun with friends! This action-packed event consists of a 10 minute swim, 15 minute spin bike ride and a 15 minute treadmill run.

- Location:** Courts Plus
186 S. West Ave.
Elmhurst, IL 60126
- Time:** The first heat starts at 10 a.m.
Please arrive 30 minutes before your scheduled start time. Participants will be assigned a heat start time upon registration. Up to four triathletes will compete per heat. Participants must start at the times indicated. No exceptions! Heat start times begin every 20 mins.
- Limit:** Space is limited. You must pre-register for this event!
Four triathletes per heat starting at 10 a.m. every 20 mins.
- Packets:** Pick-up packets 30 minutes before your heat on race day. Packets include: rule sheet, t-shirt and a variety of fun promotional items.
- What to bring:** Swimsuit, appropriate attire including athletic shoes for bike and run. H2O bottle.
- Results:** Scores are measured by the recorded distance traveled for each portion of the race.
- Awards:** Overall Male & Female winners and first and second place finishers in each age group will receive awards. See below for more information about the **M.I.S.T. Series** awards.

The Elmhurst Park District reserves the right to cancel events or combine age groups with low enrollment.

The Courts Plus Indoor Sprint Triathlon is part of the Midwest Indoor Sprint Triathlon Series along with seven other area Park Districts (Bartlett, Schaumburg, Streamwood, Hoffman Estates, Elk Grove, South Barrington & Oak Brook). Contact these Park Districts directly to receive information about entering their events. Those entered in four or more M.I.S.T. Series events qualify for a chance to win a Keiser M3 indoor bicycle donated by Direct Fitness Solutions! One Keiser M3 will be given to the overall female and male winners for her entire series. For those entered in four or more events, your four best scores will determine your ranking. These awards will take place at the last Midwest Indoor Sprint Triathlon Series event at the Oak Brook Park District in April.

Courts Plus Indoor Triathlon

Registration Begins December 1
Please fill out completely. Waiver must be completed.

Please Check One:

Program ID#: _____ \$25 Resident \$35 Non-Resident

Check Your Age Group:

14-19 yrs 20-29 yrs 30-39 yrs 40-49 yrs 50-59 yrs 60 yrs & up

Please Print:

Name: _____ Birth Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (day): _____ (eve): _____

Gender: Male Female T-Shirt Size: Small Medium Large XL XXL

I know that participating in a triathlon is a potentially hazardous activity. I should not enter the event unless I am medically able and properly trained. As a participant I recognize and acknowledge that there are certain risks associated with this event, including but not limited to drowning, falls, contact with other participants. I agree to assume the full risk of any injuries, including death, damages or loss which I may sustain as a result of participating in the event. I agree to waive and relinquish all claims I may have as a result of participating in the event against the Park District and its officers, agents, servants, employees and event sponsors. I do hereby fully release and discharge the Park District and its officers, agents, servants, employees, and event sponsors from any and all claims from injuries, including death, damage or loss which I may have or which may accrue to me on account of my participation in the indoor sprint triathlon.

"I have read and fully understand the above athletic event and Waive and Release all Claims."

Participant's Signature	Date	If under 18, Parent/Guardian's Signature	Date
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ADA Special Needs? Please Call 630-993-4722. Yes No

Make Check Payable & Mail to:
No Refunds, Non-Transferable

Courts Plus
186 S. West Ave.
Elmhurst, IL 60126

Amount Enclosed \$ _____

Method of Payment: Cash Check Visa MasterCard

Card #: _____ Exp date: _____ CID: _____

Print Name: _____ Signature: _____

COURTS PLUSSM Indoor Triathlon

You don't have to win the
race, but you can TRI!

Saturday, March 6, 2010

www.eteamz.com/MIST



186 S. West Ave.
Elmhurst IL 60126
(630) 833-5064
Fax: (630) 993- 8966
www.epd.org

Elmhurst Park District
186 S. West Ave.
Elmhurst, IL 60126

COURTS PLUSSM Indoor Triathlon

**Saturday,
March 6, 2010**

10 min Swim • 15 min Spin Bike •
15 min Treadmill Run

Thank you to our sponsors...

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Web Media Sponsor:

www.theagegrouper.com

