

Progress Port Recycling
618-985-8351
Carterville, IL 62918

Keith Kibler
Shawnee Sunrise Farm
Dare to Dream



1-800-824-0817



SIU SOUTHERN ILLINOIS UNIVERSITY
RECREATIONAL SPORTS
AND SERVICES
CARBONDALE



REC.SIU.EDU
618/453-1277

21st Annual *Rec your body* INDOOR TRIATHLON



February 24, 2019 at 9:00 a.m.

Triathlon Club
Recreational Sports and Services
300 East Grand Avenue, MC 6717
Carbondale, IL 62901
618/453-1277

Entry Fees:

ENTRY FEE IS \$25 FOR ALL PARTICIPANTS.

NO RACE DAY REGISTRATION, PRE-REGISTER BY FEBRUARY 20.

ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE.

Race Information:

- 10 minute swim, 20 minute bike, 15 minute run
- Swimming laps are 25-yards long, cycling leg is done on stationary bikes (w/ toe clips and SPD cleats), running leg will be done on 200-meter track.
- Adequate time for swim-bike transition and bike-run transition will be allotted.
- Winners will be determined according to a point system based on total distance covered.
- Athletes under 18 years of age must be accompanied by a parent/guardian.
- YOU DO NOT HAVE TO BE AN SIU STUDENT OR ALUMNI TO PARTICIPATE.
- Participants in each wave will start each leg at the same time.
- Wave seeding is based on swimming ability.
- Limited space available-60 participants maximum
- Pre-registration is required. No race day registration.
- There will be four waves of 15 participants. First wave will start at 9:00 a.m.; succeeding waves will start on 30-minute intervals.
- Student Recreation Center will open at 8:00 a.m.; race packets can be picked up from 8:15 a.m. to 8:45 a.m.
- Mandatory pre-race meeting will be held on race day at 8:45 a.m.
- Participants are encouraged to arrive early.

Awards:

Awards will be given to the top three female and male participants.

Top male/female age-group finishers will also receive an award.

Male & Female: 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79, 80+

Triathlon Club:

Attend Triathlon Club meetings on the 2nd and 4th Tuesday of each month at 6 p.m. in the Student Recreation Center's Pool Lounge area.

Contact Cay Gerlock at 618-925-0577 or email Adam Vogel at adam.vogel@siu.edu.

Registration Form for Rec Your Body Triathlon

Last Name _____

First Name _____

Address: _____

City _____ State _____ Zip _____

Day Phone (_____) _____ Date of Birth _____

Age as of Race Day _____ Sex M ____ F ____

Please Check One Swimming level:

Beginner ____ Intermediate ____ Advanced triathlete ____

Entry Fee: ____ \$ 25.00

Indicate size S ____ M ____ L ____ XL ____

Total enclosed \$ _____ Make checks payable to SIUC.

Mail your entry to: Savanna Ashbaugh
SIU Student Recreation Center
300 E. Grand Avenue - MC 6717
Carbondale, IL 62901

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY. SIGN IT ONLY IF YOU AGREE TO THE TERMS. FAILURE TO SIGN RESULTS IN LOSS OF PARTICIPATION RIGHTS.

By signing this waiver and release, I am aware that sporting and athletic activities as undertaken by the Southern Illinois University Carbondale Triathlon Club involve physical exertion, specialized skills including: swimming, biking & running. I understand that participation in these activity carries with it inherent risks. I understand that these risks include but are not limited to accidents resulting in debilitating injury, loss of personal property and death. I understand that I am responsible for my actions during these club activities. I understand that I agree to abide by all rules of safety and conduct as set forth by Southern Illinois University Carbondale Triathlon Club. I understand that the Board of Trustees of Southern Illinois University, its employees and agents, and Triathlon Club officers and all other race sponsors are not responsible for loss of property, injury or death that occurs during the course of this Triathlon Club event. I grant permission to all of the aforementioned to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I affirm that I am voluntarily signing this agreement, without any promises having been made to me for doing so. I have read this form and agree to the terms and conditions herein.

Participant's Signature | Parent's/Guardian Signature | Date
(For participants under 18 years of age Parent/Guardian must be present during the event)