

Registration Form

Youth Tri is open to 5th thru 12th Grade
 Rec Tri is open to ages 11 and up

YOUTH TRI

Male
 Female

REC TRI

Male
 Female

Name _____

Team Name* _____

Mark For Team Only: ___Swim ___Bike ___Run

Address _____

City _____ Birthdate _____

Age on Race Day _____

State _____ Zip _____ Cell Phone _____

Email _____

T-SHIRT SIZE:

Youth..... M L

Women S M L

Men S M L XL XXL

All participants receive a t-shirt and post-race refreshments

FEES: \$15 for Youth Tri postmarked prior to 2-15-12
 \$30 for Rec Tri postmarked prior to 2-15-12
 \$75 per Team for Rec Tri postmarked prior to 2-15-12
 \$10 Late Registration fee after 2-15-12
 No T-shirt guaranteed after 2-15-12

TOTAL ENCLOSED\$ _____

Make checks payable to:

FDCRC

1422 1st Ave. South, Fort Dodge, IA 50501

DO NOT MAIL REGISTRATION

AFTER February 15, 2012

Office Use Only
Receipt No. _____
Date: _____
Amt: \$ _____

See inside of flyer for Release of Liability. Signed release by all Participants MUST accompany completed Registration Form.

* Team Participants please refer to the back of the brochure

The REC provides a safe atmosphere and a wide variety of programs designed to develop healthy spirit, mind and body with the money raised from special events including **INDOOR REC TRI.**

For eating and overnight accommodations please visit:
www.fortdodgecvb.com

Expo in Gym
 Starting at 8am

Membership Opportunities For Training
 contact The REC Center

*Team Participants PLEASE READ!

Up to three people may be on a team. For example: one to swim, one to bike and one to run, or any combination.

Please list all additional team information by photocopying the Registration Form. Each member of the team must complete their individual registration form. Be sure to include the name of the person for each event (the swim, the bike, the run).

List a **TEAM NAME** in addition to individual names.

Team registrations must be stapled and turned in together.



INDOOR TRI

FORT DODGE, IOWA



SATURDAY
FEBRUARY 25, 2012

YOUTH
INDOOR TRI



Fort Dodge Community Recreation Center

1422 1st Avenue South
 Fort Dodge, IA 50501

515-573-7107

INDOOR

Join in the fun of the
4th Annual Indoor Triathlon
at the FDCRC of Fort Dodge!

Saturday, February 25, 2012

Rec Tri First Wave 7:30 a.m.

Youth Tri First Wave

approx. 12:00 pm (following Rec Tri)

**Must be 10 years old on or before
February 25 to participate.**

PERSONS UNDER 14 MUST BE ACCOMPANIED BY AN ADULT

Entry Fees

\$15.00 for Youth Tri

\$30.00 for Rec Tri

\$75.00 per Team Rec Tri

MUST BE POSTMARKED BY FEBRUARY 15, 2012

Packet Pickup

Saturday, February 25, 2012

Gym Opens at 6:00 a.m.

and will stay open throughout race.

Waves

Waves and starting times will be posted by

February 21, 2012 at

fdcrc.org or fortdodgetrisport.com.

They will also be posted during packet pickup.

VOLUNTEERS

If you are interested in volunteering during
the event, please contact
Dave Pearson, Event Coordinator,
(515) 573-7107

Fort Dodge Community Recreation Center

TRI

Pre-Race Meetings

There will be pre-race meetings to cover the rules, layout of the event, and any questions from the participants 10 minutes prior to every wave - on pool deck.

THE EVENT

Event	Youth Time		Rec Time
	9-11	12-14	
SWIM	5 Min.	8 Min.	10 Min.
Transition 1	7 Min.	7 Min.	7 Min.
BIKE	10 Min.	15 Min.	20 Min.
Transition 2	4 Min.	4 Min.	4 Min.
RUN	10 Min.	12 Min.	15 Min.

WINNERS DETERMINED BY TOTAL DISTANCE TRAVELED

YOUTH TRI PARTICIPANTS RECEIVE

FREE T-Shirt • FREE Prize Drawings

FREE Training • Participation Medals

Award Medals for each Age Group (Male & Female)

REC TRI AWARDS

IMMEDIATELY FOLLOWING THE FINAL WAVE

- Individual awards for the top male and female of the race.
- Medal for 1st, 2nd and 3rd place in each age division male and female (10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69).
- Individual team medals to top 3 teams.
- Participation medals for everyone.
- Corporate team challenge to top 3 teams.

Refreshments provided after event for participants.

Release of Liability

The undersigned expressly accepts responsibility for participation in the Indoor REC Triathlon known as The Annual INDOOR REC TRI on February 25, 2012. The undersigned acknowledges that the triathlon is voluntary and that they are voluntarily participating. It is further acknowledged that said participation is not on behalf of the Fort Dodge REC, employees, agents and representatives, sponsors, race officials and/or volunteers. The undersigned releases all liabilities, including all claims, demands and cause or causes or action of every nature affecting the undersigned which may have or ever claim to have in connection with the Indoor Triathlon known as INDOOR REC TRI. The undersigned agrees that the above mentioned parties will be held harmless in the event of accident or incident causing damage or loss of property or injury to the undersigned.

I HAVE READ THE FOREGOING RELEASE, UNDERSTAND ITS TERMS AND FREELY AND VOLUNTARILY SIGN THE SAME.

MINIMUM AGE TO PARTICIPATE IS 10

CHILDREN UNDER 14 MUST BE ACCOMPANIED BY A RESPONSIBLE CAREGIVER DURING THE EVENT.

If I am under the age of 18, a minor, my parent or guardian has read and freely signs the same.

Date

Signature of Participant

Signature of Parent/Guardian If Under 18

Race Day Director Dave Pearson will have the final authority to remove a participant from the race for either rule violations or physical reasons.