

# Registration Deadline: January 22

Mail payment and registration to JCC, ATTN: Phil Ruben,  
2 Millstone Campus Drive, St. Louis, MO 63146  
*We cannot complete registration without payment. No refunds.*

### Participant Information

Name \_\_\_\_\_  
 Member  Public  
Gender  M  F Date of Birth \_\_\_\_\_ Age on January 30 \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

### Program Information

#### Member:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> \$35 Sprint                  | <input type="checkbox"/> \$45 Long                      | <input type="checkbox"/> \$30 Points                  |
| <input type="checkbox"/> \$60 2-day Sprint            | <input type="checkbox"/> \$80 2-day Long                | <input type="checkbox"/> \$50 2-day Points            |
| <input type="checkbox"/> \$70 Combo<br>Sprint & Long* | <input type="checkbox"/> \$55 Combo<br>Sprint & Points* | <input type="checkbox"/> \$65 Combo<br>Long & Points* |

#### Public:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> \$45 Sprint                  | <input type="checkbox"/> \$55 Long                      | <input type="checkbox"/> \$35 Points                  |
| <input type="checkbox"/> \$80 2-day Sprint            | <input type="checkbox"/> \$100 2-day Long               | <input type="checkbox"/> \$60 2-day Points            |
| <input type="checkbox"/> \$90 Combo<br>Sprint & Long* | <input type="checkbox"/> \$70 Combo<br>Sprint & Points* | <input type="checkbox"/> \$80 Combo<br>Long & Points* |

**After January 15, prices increase \$5 per event.**

\*If Combination selected, on Saturday, I will compete in:

- Sprint  Long  Points

I can only participate on:  Saturday  Sunday

*Preferences will be given on a first come first served basis*

Shirt Size (Unisex):  S  M  L  XL  XXL (Requested size is not guaranteed)

\*Estimated Time 500 Yard Swim \_\_\_\_\_ / \*Estimated Time 1 Mile Run \_\_\_\_\_

*\*Only used to determine heat time; not specific distances of any event*

### Payment Information

Fee Enclosed \$ \_\_\_\_\_ Check # \_\_\_\_\_ (made payable to JCC)

- Charge my credit card on file  Place my credit card on file\*

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

\*Name as it appears on credit card \_\_\_\_\_

\*Billing address (if different from above) \_\_\_\_\_

Jewish Community Center  
2 Millstone Campus Drive  
St. Louis, MO 63146



Largest  
Indoor  
Triathlon in  
Missouri!



Challenge  
yourself!

Meet your fitness goals!



Saturday, January 30 &  
Sunday, January 31

jccstl.org  
FITNESS FOR EVERYBODY



# The Details

**Saturday, January 30 • Sunday, January 31**

Compete in the Sprint Course, Long Course or Points Event

### Sprint Course

Swim 400 yards (8 laps / 16 lengths) – Indoor Pool  
Bike 8 Miles – Cycle Bike  
Run 2.5 Miles – Treadmill

### Long Course

Swim 750 yards (15 laps / 30 lengths) – Indoor Pool  
Bike 18 Miles – Cycle Bike  
Run 5 Miles – Treadmill

### Points Event\*

Swim (10 minutes) – Indoor Pool  
Bike (30 minutes) – Cycle Bike  
Run (20 minutes) – Treadmill

*\*Total available points are based on the total number of participants in the event. If there are 100 people in event, the athlete who swam the farthest in the pool receives 100 points. The second farthest swim receives 99 points and so on. Same for the bike and run. The three scores for each participant are totaled for an overall score.*

### For more information, contact...

Phil Ruben at 314-442-3279 or pruben@jccstl.org



# Pricing

### Single Event Pricing

Sprint – \$35m / \$45p  
Long – \$45m / \$55p  
Points – \$30m / \$35p

## CHALLENGE YOURSELF!

*Everyone who races more than once receives a special medal.*

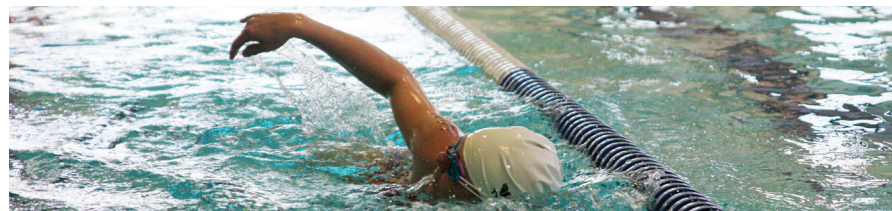
### Multiple Event Pricing

Sprint – Saturday & Sunday - \$60m / \$80p  
Long – Saturday & Sunday - \$80m / \$100p  
Points – Saturday & Sunday - \$50m / \$60p

Combination Sprint & Long – Saturday & Sunday - \$70m/\$90p  
Combination Sprint & Points – Saturday & Sunday - \$55m/\$70p  
Combination Long & Points – Saturday & Sunday - \$65m/\$80p

After January 15, prices increase \$5 per event.  
Registration deadline is January 22.

*m-members & p-public*



## Do More Than Participate!

### We love our volunteers!

If you can't participate, but want to get involved, we'd love to have you. For more information on volunteering, contact Stephanie Rhea at 314-442-3164 or srhea@jccstl.org

### Start Training Today

Need a push? Start training for the Indoor Triathlon today with a personal trainer! We'll help you reach your goals. Contact Bernie Suddarth at 314-442-3452 or bsuddarth@jccstl.org  
For swim training, contact Tracy Branson at 314-442-3495 or tbranson@jccstl.org

# What you need to know

Events run in the following order: Long Course, Sprint Course, Points Event, beginning at 6:00am.

The next event begins approximately one hour after the final heat of the prior event.

Confirmation emails will be sent with heat times and packet pickup information.

Prizes will be awarded to individual age, gender and top finishers.

You must be at least 12 years of age to enter the race.

All participants receive a commemorative performance shirt.

Space is limited – register early.

### The Indoor Triathlon is held at the:

Jewish Community Center  
Marilyn Fox Building  
16801 Baxter Road  
Chesterfield, MO 63005

Register  
online at  
jccstl.org

