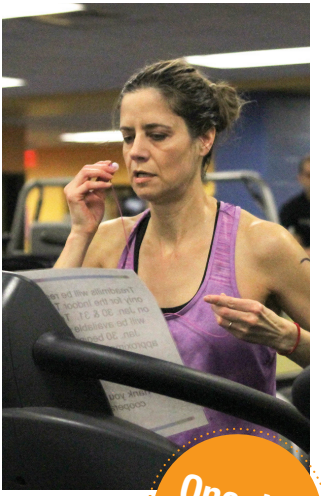
TURKEY TRIATHLON

SWIM • BIKE • RUN

Back by popular demand!



One day only!

Sunday, November 13

Marilyn Fox Building, Chesterfield

jccstl.org

JEWISH COMMUNITY CENTER
FITNESS FOR EVERYBODY

Turkey Tri(athlon)

Sprint Inside the J

Sunday, November 13

Sprint Course

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

Event Pricing

Sprint - $25 members / $30 public
After 10/30 - $30 members / $35 public

Details

- Confirmation emails will be sent with further pertinent information
- Space is limited – register early
- Prizes will be based on individual age, gender and top finishers
- You must be at least 12 years of age to enter the race
- All participants will receive a commemorative souvenir

For more information, contact Phil Ruben at 314-442-3279 or pruben@jccstl.org

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

Save the Date!

13th Annual Indoor Triathlon
Saturday & Sunday, February 11 & 12, 2017

Registration Deadline: November 7

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

Register online! jccstl.org

Participant Information

Name _____

❏ Member ❏ Public

Gender ❏ M ❏ F Date of Birth_____Age on November 13_____

Address_____

City_____ State _____ Zip _____

Phone _____

Email _____

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

Jewish Federation OF ST. LOUIS

Proud member of United Way of Greater St. Louis

THE STAENBERG GROUP
DESIGN. DEVELOP. DELIVER.

STAENBERG FAMILY FOUNDATION

Register today!