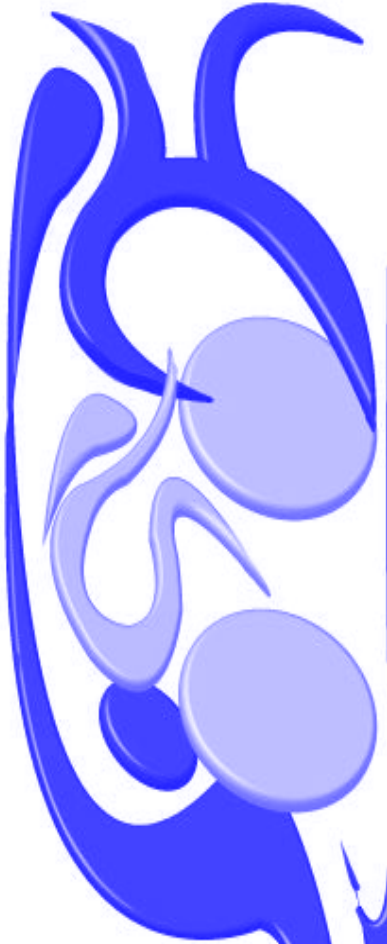


Park Place
INDOOR SPRINT
TRIATHLON

Saturday, December 10, 2011

www.streamwoodparkdistrict.org



Park Place
INDOOR SPRINT
TRIATHLON
Saturday, December 10, 2011



- LOCATION:** Park Place Family Recreation Center, 550 S. Park Blvd.
630-483-3010
- DISTANCES:** 10 minute Swim • 15 minute bike • 15 minute run
- AGE DIVISIONS:** 14-19 yrs. 20-29yrs. 30-39yrs. 40-49 yrs. 50-59 yrs. 60 yrs. & up
- ENTRY FEE:** \$30R/\$40NR Fee includes T-shirt.
NO REFUNDS, NON-TRANSFERABLE
- REGISTRATION:** Park Place Family Recreation Center, Lower Level Registration
or send to:
Park Place Family Recreation Center
550 S. Park Blvd.
Streamwood, IL 60107
Attention: Registration



NO RACE DAY REGISTRATIONS.

HEATS START AT: 7 A.M.

REGISTRATION DEADLINE: Dec. 5

FOR MORE INFORMATION:

Phone: Jessie Scott
at 630-483-3015 or
eteamz.com/mist



Thank you to

our sponsors:

- **Direct Fitness Solutions**
- **Streamwood Park District**

ENTRY FORM

Please Complete form and sign waiver

Code Number 8330-0

Age Category: 14-19 20-29 30-39 40-49 50-59 60 & up
(Circle One)

T-Shirt Size: Small Medium Large XL XXL
(Circle One)



PRINT CLEARLY

Last Name: _____ First Name: _____

Date of Birth: _____ Male Female

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell: _____

Wk #: _____ Emergency #: _____

E-mail: _____

Fees: Resident \$30 Non-Resident \$40

Payment Information

Check # _____ Cash \$ _____

Credit Card (if registering by email, fax or drop off, we will call you for your card info.)

*Americans with Disabilities Act Need: Yes No

Please call 630-483-3015

STREAMWOOD PARK DISTRICT WAIVER AND RELEASE OF ALL CLAIMS

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. 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."

Signature _____ Date _____

_____ Date _____

Parent or guardian Signature if participant is under 18

2011 RACE INFORMATION

LOCATION: Park Place Family Recreation Center, 550 S. Park Blvd., Streamwood, IL 60107. Phone Number 630-483-3010

DISTANCE: 10 minute swim, 15 minute bike, 15 minute run

TIME: The first heat begins at 7:00 a.m. Please arrive 30 minutes before your scheduled start time which will be posted a week in advance at Streamwoodparkdistrict.org or at Park Place. Six triathletes will compete per heat. Participants must start at the times indicated. **NO EXCEPTIONS!**

HEAT TIMES: Heats will start every 20 minutes from 7 a.m.-11:20 a.m.

LIMIT: Space is limited, so only the first 84 applicants will participate. You must **PRE-REGISTER FOR THIS EVENT!**

PACKETS: Will be available beginning at 6:30 a.m. on Race Day. Packets will include race numbers, safety pins, T-shirt and a variety of promotional items.

RESULTS: Scores will be measured by the recorded distance you travel in each portion of the race. Therefore, all skill levels are welcome and encouraged to participate. See below for series awards information.

AWARDS: Join us in the gym for the awards ceremony following the last heat. Overall Male & Female winners & first and second place finishers in each age group will receive awards.

WHAT TO BRING: Swim Suit, goggles, towel, athletic shoes, and appropriate attire for bike and run. H2O bottle.

Streamwood Park District reserves the right to cancel events.

For more information please contact Jessica Scott at 630-483-3015 or jscott@spdcare.com or visit www.eteamz.com/mist

The Park Place Indoor Sprint Triathlon is part of the **Midwest Indoor Sprint Triathlon Series** with eight park districts Bartlett, Schaumburg, Bolingbrook, Arlington Heights, Elk Grove, Lemont, South Barrington, and Oak Brook. Visit www.eteamz.com/mist to learn more about the MIST Series.