

Ste. Genevieve County Community Center

# MINI TRIATHLON

September 22, 2018

7:30am

## 150 Yard Swim – 9 Mile Bike – 3 Mile Run

- Entry Fee:** \$40/\$50 after August 26<sup>th</sup> or on Race Day – Sign up by August 26<sup>th</sup> to guarantee your dry fit t-shirt!
- Packet Pick Up will be on race day starting at 6:30 am.
  - Awards will be given to the top three in varied age groups, and will begin half an hour after the final finisher.
    - A confirmation email with extra details will be sent one week prior to the race.

*Want to learn how to "Train and Race Like a Pro?"* Join Delbert Marriott, a former USA Triathlon Professional Athlete (Triathlon and Duathlon), at the Community Center on September 21<sup>st</sup> from 6:30pm-8:00pm to learn about training, transitions, nutrition and more! Bring your bike; he will demonstrate how to transition correctly and cut seconds off your time. A great learning tool for novices and pros! All information can be directly applied to our race and Delbert will also explain our course in detail! Free to racers!

Register online here: <https://www.signmeup.com/SGCCCMiniTri>

Or by mail: 21390 Highway 32, Ste. Genevieve MO 63670

Questions? Call 573-883-5244 or email [kschwent@saccc.com](mailto:kschwent@saccc.com)

Name: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Email: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: \_\_M\_\_F

Estimated 150 Yard Swim Time:(Mandatory) \_\_\_\_\_ T-Shirt Size:(Circle One) AS AM AL AXL AXXL

Payment: \_\_\$40\_\_ \$50 (after August 26<sup>th</sup>) (Non-refundable, checks payable to the Ste. Genevieve County Community Center)

Will you be attending the September 21<sup>st</sup> Seminar? \_\_Yes\_\_ No

I, the undersigned participant, on behalf of myself, my heirs, legates and assigns, hereby agree to indemnify, save and hold harmless the Ste. Genevieve County Community Center and any of their agents, representatives, employees or assigns, for my health, safety or injury and or disability arising out of or resulting from participation in this program. In the event of an injury and a parent/guardian cannot be reached I authorize the Community Center to obtain medical care. I also authorize any photos taken of myself, the participant, to be used in any promotional materials by the Community Center.

**Signature (Parent's if under 18 years):** \_\_\_\_\_ **Date:** \_\_\_\_\_