

# indoor

## Fort Dodge Community Recreation Center

# tri

*Join in the fun of the  
2nd Annual Indoor Triathlon  
at the FDCRC of Fort Dodge!*

**Saturday, February 27, 2010**

**First Wave 8:00 a.m.**

**Must be 10 years old on or before  
February 27 to participate.**

*PERSONS UNDER 14 MUST BE ACCOMPANIED BY AN ADULT*

### Entry Fees

\$25.00 per person  
\$60.00 per team

**MUST BE POSTMARKED BY FEBRUARY 13, 2010**

### Packet Pickup

Saturday, February 27, 2010  
Gym Opens at 7:00 a.m.  
and will stay open throughout race.

### Waves

Waves and starting times will be posted by  
February 21, 2010 at  
[fdcrc.org](http://fdcrc.org) or [fortdodgetrisport.com](http://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

### Pre-Race Meetings

There will be pre-race meetings to cover the  
rules, layout of the event, and any questions  
from the participants 5 minutes prior to  
every wave.

### THE EVENT

Event	Time Allotted
SWIM	10 Minutes
TRANSITION 1	7 Minutes
BIKE	20 Minutes
TRANSITION 2	4 Minutes
RUN	15 Minutes

**WINNERS DETERMINED BY TOTAL DISTANCE TRAVELED**

### 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 27, 2010. 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.

# Registration Form

(Copy for Team Names)

Male  Female

Name \_\_\_\_\_

Team Name\* \_\_\_\_\_

Mark For Team Only: \_\_\_Swim \_\_\_Bike \_\_\_Run

Address \_\_\_\_\_

City \_\_\_\_\_ Birthdate \_\_\_\_\_

Age on Race Day \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

T-shirt size:  S  M  L  XL  XXL

Men's Sizing

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

FEES: \$25 per Individual postmarked prior to 2-13-10

\$60 per Team postmarked prior to 2-13-10

\$10 Late Registration fee after 2-13-10

TOTAL ENCLOSED .....\$ \_\_\_\_\_

Make checks payable to:

**FDCRC**

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

**DO NOT MAIL REGISTRATION**

**AFTER February 13, 2010**

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](http://www.fortdodgecvb.com)

*Please join us for this fun project  
AND  
help our FDCRC at the same time!*

## **\*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.**



**REC  
INDOOR TRI**  
FORT DODGE, IOWA

**Indoor Triathlon**

**SATURDAY  
FEBRUARY 27, 2010**

**Fort Dodge Community  
Recreation Center**

1422 1st Avenue South  
Fort Dodge, IA 50501

**515-573-7107**