

SOLON COMMUNITY INDOOR TRIATHLON SWIM.RIDE.STRIDE.



**Sunday, April 11th
8:00am-12:00pm**

**Ready for the ultimate challenge?
Become a triathlete in under an hour!**

- All levels welcomed: from the novice to the seasoned competitor.
- Ease into the sport with this self paced, weatherproof triathlon event.
- All elements of a regular triathlon without the intimidation.
- Compete in all three events as an individual or recruit a team of 3.
- Performance measured by distance accrued in each leg of the race.
- T-shirts and refreshments provided to all participants!



**Awards and
Prizes given to
top performers
in each category.**

RACE SCHEDULE	
Time	Event
15:00 min.	SWIM
20:00 min.	BIKE
20:00 min.	RUN

**Have Fun.
Push Hard.
Test Your Limits.**

See reverse side for race rules, regulations, age restrictions, and training recommendations for novice participants.

Registration deadline is Sunday, April 4th. Pre-registration is necessary. Participants will receive start times for their wave by Tuesday April 6th by going to www.solonrec.org. You must check in 30 minutes prior to your start time. Compete in your wave, stay and cheer on your friends, but you need not stay the entire event time frame. Event results will be posted and winners will be notified by April 13.

Name: _____
Address: _____

Phone: _____

Age on race day:

- Individual
OR
 Team

Names of 2 other Team Members:

ENTRY FEES:

Individual: \$20.00 Team: \$30.00

Payment: Check
 Cash Date: _____
 Credit Card
Total Payment: _____ Staff Member: _____

You may mail or drop off entry form and check to the Solon Community Center, Attn.: Indoor Triathlon, 35000 Portz Parkway, Solon, Ohio 44139

In consideration of you accepting this entry, I hereby for myself, my heirs, executors and all administrators waive and release any and all rights and claims for damages against the City of Solon, the Solon Recreation Department, their representatives, successors, and assigns for any and all injuries suffered by me in this event. Signature: _____
Signature of parent/guardian if under 18 yrs. Of age: _____

