

What: Indoor/Outdoor Sprint Triathlon

Where: Choice Health & Fitness Pool and South East Parking Lot

When: Saturday, April 28th | 8:00 am - 12:00 pm

Early Bird Registration Deadline: Sunday, April 8th

** Registrations accepted after early bird deadline cannot be promised heat placement.*

Early Bird Registration Cost: \$40.00 for members

\$45.00 for non-members

Registration Cost After April 9th: \$50.00 for members

\$55.00 non-members * Registration closes Wednesday, April 25th at 12:00pm

Teams: Participate in the Choice Indoor/Outdoor Triathlon as a member of a team!

Teams must consist of 2 or 3 participants and every member must pick up a packet and complete a health form.

Team | Early Bird Registration Cost: \$75.00 for team

Team | Registration Cost after April 9th: \$85.00 for team

****REGISTRATION LIMITED TO 75 PARTICIPANTS** | ** PARTICIPANTS MUST BE 16 YEARS OR OLDER****

Distances: 500 yards (20 lengths in pool)

14 mile bike

5K run

Triathlon Event Info:

- Heat 1 starts at 8:00 am sharp (6 athletes in each heat)
- You have 18 minutes to finish your swim. (If you are not finished, get out of pool & 2 min. will be added to swim time)
- A new heat starts every 20 minutes
- After swim, transition to the bikes (24 spin bikes will be set up in the parking lot outside the pool area)
- You will bike 14 miles (no time limit) and must ride at a level 10 or higher.
- You must pedal throughout entire 14 mile bike. (If you stop - time/distance will zero out)
- After bike, transition to the run (transition area is the same as from swim to bike)
- 5K run takes you on a marked loop down 47th and onto the Greenway and back to Choice
- When 5K run is completed - Woohoo! Pat yourself on back & head to Community Room for post race snacks & social!

Friday, April 27th:

6:00 - 8:00 pm

Registration and Packet Pick Up in the Community Room

(You will also find info sheet with race day info in your packet - starting times & practical suggestions.)

Saturday, April 28th:

7:30 - 9:00 am

Packet Pick Up in the Community Room

8:00 am

Heat 1 starts (New Heat Starts Every 20 min)

9:00 am - 1:30 pm

Post Race Snack in the Community Room

Check out our 4 week Specialty Swimming Clinic and other training available to prepare for the Choice Triathlon!

For more information, please contact Lisa Rollefstad. ph: 701.746.2790 | e: lrollefstad@choicehf.com

CHOICE INDOOR/OUTDOOR TRIATHLON - APRIL 28th, 2018

Name: _____ Phone: _____ Email: _____

Address: _____ City/St/Zip: _____

PLEASE SELECT THE HEAT IN WHICH YOU WOULD LIKE TO PARTICIPATE:

☐ ELITE HEAT

☐ RECREATIONAL HEAT

TEAM REGISTRATION (if applicable)

List the leg of the race in which each team member will be participating:

SWIM: _____

BIKE: _____

RUN: _____

T-SHIRT ORDER | INDICATE YOUR T-SHIRT SIZE

List sizes for each team members if competing as a team

Note: We can't guarantee correct size if registering after April 8

☐ XSMALL

☐ LARGE

☐ SMALL

☐ XLARGE

☐ MEDIUM

☐ XXLARGE



CHOICE INDOOR/OUTDOOR TRIATHLON

Join us April 28th, 2018 for the Choice Triathlon! The three event competition will include a 500 yard swim in the Choice pool, a 14 mile bike on spin bikes outside of Choice, and a 5K run looping from 47th Ave. South to the Greenway and back to Choice Health & Fitness. Whether participating to compete or complete, you're sure to have a day filled with fun and fitness!

**500 YD
SWIM**



**14 MILE
BIKE**



**5K
RUN**

