



**What:** Indoor/Outdoor Sprint Triathlon

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

**When:** Saturday, April 27th | 8.00 am – 12.00 pm

**Early Bird Registration Deadline:** Sunday, April 7th

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

**Early Bird Registration Cost:** \$40.00 for members

\$50.00 for non-members

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

\$60.00 non-members \* Registration closes Wednesday, April 24th 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 (5-6 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 47<sup>th</sup> and onto the Greenway and back to Choice
- When 5K run is completed - Woohoo! Pat yourself on back & head to Tent for post race snacks & social!

**Friday, April 26th:**

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 27th:**

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 Tent by Finish Line

For more information on Swim Lessons/Instruction, please contact Lisa Rollefstad. ph: 701.746.2790 | e: lrollefstad@choicehf.com

## CHOICE INDOOR/OUTDOOR TRIATHLON - APRIL 27th, 2019

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 27th, 2019 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**

