



What: Indoor/Outdoor Sprint Triathlon

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

When: Saturday, April 24th | 8.00 am – 12.00 pm

Early Bird Registration Deadline: Monday, April 5th
* 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 21th 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 (10 laps) in pool) 14 mile bike 5K run

Triathlon Event Info:

- Heat 1 starts at 8:00 am sharp (4-6 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 Tent for post race snacks & social!

Friday, April 23th:

6:00 - 8:00 pm Packet Pick Up will be on the patio by door 22
(You will also find info sheet with race day info in your packet - starting times & practical suggestions.)

Saturday, April 24th:

7:30 - 9:00 am Check-in/Packet Pick Up will be on the patio by door 22

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 24th, 2021

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 24, 2021 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**

