

# MAINSTREET

HEALTH + FITNESS

## Indoor Triathlon

**Saturday March 3<sup>rd</sup>**

**Starting @ 8AM (doors open @ 7AM)**

**Must Reserve Time Slot**

**(Max of 6 participants every 50 Minutes)**

**Early Registration before February 24<sup>th</sup> is \$10**

**(\$20 after Feb. 24<sup>th</sup> up to March 1<sup>st</sup> – Sorry No Registration day of event)**

This will be a timed event (total time as well as individual leg times). Prizes will be given to the top male and female finishers (age categories 16-30 and 31-50 and 51 and older). Also a participation prize will be given to one male and one female. You will be informed of your time slot upon receipt of your registration by email or phone (**Please check in 20 minutes before your scheduled start time**) Register early to get the time you want...time slots will fill up *fast...don't miss out!!!*

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**Early Registration Greatly Appreciated**

**Send to: MAINSTREET HEALTH+FITNESS**

**310 Main Street, Menomonie, WI 54751**

Name: \_\_\_\_\_ Age \_\_\_\_\_ (DOB) \_\_\_\_/\_\_\_\_/19\_\_\_\_ (Male\_\_\_\_) (Female\_\_\_\_)  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_ (\_\_\_\_)

T-Shirt size: \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ XL \_\_\_\_\_ XXL

\_\_\_\_\_ 1 Mile Elliptical – 11 Mile Bike – 1 Mile Treadmill

\_\_\_\_\_ 2 Mile Elliptical – 22 Mile Bike – 2 Mile Treadmill

**Preferred Time Slot (please pick 2 different times)**

8AM ~ 8:50AM ~ 9:40AM ~ 10:30AM ~ 11:20AM ~ 12:10PM ~ 1PM ~ 1:50PM ~ 2:40PM ~ 3:30PM

**Time Shot ~ Choice #1 \_\_\_\_\_ Choice #2 \_\_\_\_\_**

**You will be informed of your time slot upon receipt of your registration  
by email or phone (Please check in 20 minutes before your scheduled start time)**

**WAIVER**, I, in full recognition and appreciation of the hazards and exposures involved, do hereby voluntarily agree to assume all the risks and responsibilities involving my voluntary participation in the Indoor Triathlon Event. I do for myself, my child/ward, my heirs, and personal representative(s) hereby defend, hold harmless, indemnify and release and forever discharge Mainstreet Health + Fitness, event sponsors and volunteers from any and all liability, loss, damages, costs, or expenses which are sustained, incurred, or required arising out of the negligent actions or omissions of the undersigned in the course of participation in the Indoor Triathlon. I also hereby grant Mainstreet Health + Fitness permission to utilize my likeness for use by television, films or printed media to further the aims of the program and release them from any/all claims in its use. I confirm that my child/ward or I have health and accident insurance in effect for the inclusive date of participation. I have read and executed this document with full knowledge of its significance. I have read and agree to the above.

Participants Signature: \_\_\_\_\_

Date: \_\_\_\_\_