



12th Annual Indoor Mini-Tri



Saturday, March 11, 2017
First Start Time is 7:30 AM
(3 racers begin every 30 min)

Course Description:

The mini-triathlon consists of a timed .25 mile pool swim (20 1/3 lengths),
3 mile stationary bike ride and a 2 mile run/walk on a treadmill.

Transition times will not be kept due to facility layout and safety concerns.

Age Groups and awards:

Top overall male and female finisher

Top teams (All Male, All Female, Mixed)

Top finisher in each age group (Male and Female)

12& under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Up.

**** Results will be posted on our website & Facebook after the race ****

Race Fees: Pre-Registration Required post marked no later than 03-03-17): **\$17.00 Individuals/ \$34.00 Teams**

Race entry includes race day T-shirt and post-race refreshments!

Shirt size only guaranteed to pre-registered participants

Check / Money order payable to **Cool Springs Fitness**

Questions/Comments please call: **724-662-1910**

Fax entry: **724-662-1921** or members@CoolSpringsFitness.com

OR Mail to: **Cool Springs Fitness, 1051 E. Cornell Road, Mercer, PA 16137 Attn: Mini-Tri**

(PLEASE PRINT CLEARLY & CUT HERE)

Name: _____

Street Address: _____

City: _____ State: _____ Zip code: _____ Phone: _____

Age on 3/7/15: _____ Gender: Male/Female Team: Mixed/ Male/ Female

T-Shirt Size: S / M / L / XL / XXL Email: _____

Preferred Start time: 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00, 12:30, 1:00

(Start time not guaranteed for mail-ins. You will be contacted to verify your start time)

Waiver:

In consideration of your accepting this entry, I the above signed, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Cool Springs Fitness, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event, that I am physically fit and sufficiently trained for the completion of this event. Further, I hereby grant full permission to use my name and any likeness, as well as any photographs or any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature of parent or guardian (required if applicant is under 18 years of age)