



2011-2012 Pinnacle Indoor Triathlon Series

10 Minute Swim – 20 Minute Bike – 10 Minute Run

Dates: Nov 4th - Dec 2nd - Jan 6th - Feb 3rd - Mar 2nd

Time: 4:15 p.m. until 10:00 p.m. (1st wave starts at 4:15 p.m., last one starts at 8:50 p.m.)

Location: Pinnacle Health and Fitness – 5973 Executive Dr., Fitchburg, WI 53719

Cost: \$20.00/event or \$80 for Series *****Add \$5.00 if registering on race day*****

(Note: Race day registration only available if space permits. Waves are filled on a first-come, first-serve basis)

Registration is also available at Active.com
 In-person registration is available at Pinnacle Health and Fitness

Make checks payable and mail registration to: **Race Day Events, LLC**
 7123 Discovery Ln
 Madison, WI 53719

Questions: Race Director: Julie Holberg (608) 335-9795 or julie@racedayeventsllc.com

Event: Series: ____ Nov 4: ____ Dec 2: ____ Jan 6: ____ Feb 3: ____ Mar 2: ____

Name: _____ **Birthday** ___/___/____ **Age:** _____

Street Address: _____ **Sex:** (Circle): M or F

City, State, Zip _____ **Pinnacle Member:** Yes No

E-mail: _____ **Phone #:** () ____ - _____

Please email the race director, Julie Holberg, to reserve your wave and finalize your registration. First wave starts at 4:15PM and subsequent waves will start every 25 minutes after that.

Julie Holberg: julie@racedayeventsllc.com

In consideration of accepting this entry, I hereby waive and release any and all rights and claims for damages I may have against Fleet Feet Sports, Race Day Events, LLC., Pinnacle Health and Fitness, the race committee, sponsors, volunteers and representatives, for any and all injuries to me in this event. I have trained and I am physically capable of successfully competing in this event.

Signature: _____ **Date:** _____

Parent or guardian (if under 18): _____ **Payment Type:** _____

PINNACLE INDOOR TRIATHLON INFORMATION

General Information:

- Registration for each event closes when 72 entries are received.
- Register online at Active.com or in person at Pinnacle Health and Fitness.
- Age Groups: Male and Female 10yr. Age groups
- Awards: Series awards to overall male and female and top three male/female age group finishers. There will be individual event awards to top male/female only.
- Shirts MUST be worn in the club at all times.
- Please note there are no refunds on registration fees.
- There are no registration transfers.

Wave Requests:

- We will attempt to accommodate specific wave requests if possible.
- There are only 6 slots per wave, filled on a first-come, first-serve basis.
- All requests **must** be received via e-mail to julie@racedayeventsllc.com (no later than 2 days before race date)

Race Information:

- The Swim will take place in the salt water pool at Pinnacle Health and Fitness – Fitchburg.
- Transition will be in the locker rooms just off the pool/whirlpool.
- The Bike will take place on Keiser bikes in the upstairs cycling studio (Studio 2) - All bikes will be set to the same gear.
- The Run will take place on treadmills in the Fitness Center
- First wave starts at 4:15pm sharp, if needed, last wave will start at 8:50pm.
- Athletes must check-in at the cycling studio no later than 30 minutes before the start of their wave.
- Winners are determined by special points system.
- The final series score will be based on the best 3 finishes out of the 5 events.
- For more information, stay tuned to www.racedayeventsllc.com or <http://tinyurl.com/IndoorTri>

