

Registration Deadline: February 5

Mail payment and registration to The J, Attn: Phil Ruben,
2 Millstone Campus Drive, St. Louis, MO 63146
We cannot complete registration without payment. No refunds.

Participant Information

Name _____

☐ Member ☐ Public

Gender ☐ M ☐ F Date of Birth _____ Age on February 10 _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Program Information

Member:

- | | | |
|---|---|---|
| <input type="checkbox"/> \$35 Sprint | <input type="checkbox"/> \$45 Long | <input type="checkbox"/> \$30 Points |
| <input type="checkbox"/> \$60 2-day Sprint | <input type="checkbox"/> \$80 2-day Long | <input type="checkbox"/> \$50 2-day Points |
| <input type="checkbox"/> \$70 Combo
Sprint & Long* | <input type="checkbox"/> \$55 Combo
Sprint & Points* | <input type="checkbox"/> \$65 Combo
Long & Points* |

Public:

- | | | |
|---|---|---|
| <input type="checkbox"/> \$45 Sprint | <input type="checkbox"/> \$55 Long | <input type="checkbox"/> \$35 Points |
| <input type="checkbox"/> \$80 2-day Sprint | <input type="checkbox"/> \$100 2-day Long | <input type="checkbox"/> \$60 2-day Points |
| <input type="checkbox"/> \$90 Combo
Sprint & Long* | <input type="checkbox"/> \$70 Combo
Sprint & Points* | <input type="checkbox"/> \$80 Combo
Long & Points* |

After January 26, prices increase \$5 per event.

*If Combination selected, on Saturday, I will compete in:

- ☐ Sprint ☐ Long ☐ Points

I can only participate on: ☐ Saturday ☐ Sunday

Preferences will be given on a first come first served basis

Shirt Size (Unisex): ☐ S ☐ M ☐ L ☐ XL ☐ XXL (Requested size is not guaranteed)

*Estimated Time 500 Yard Swim _____ / *Estimated Time 1 Mile Run _____

**Only used to determine heat time; not specific distances of any event*

Payment Information

Fee Enclosed \$ _____ Check # _____ (made payable to JCC)

- ☐ Charge my credit card on file ☐ Place my credit card on file*

Credit Card # _____ Exp. Date _____

*Name as it appears on credit card _____

*Billing address (if different from above) _____

Jewish Community Center
2 Millstone Campus Drive
St. Louis, MO 63146



Challenge yourself!



**Saturday, February 10 &
Sunday, February 11**

jccstl.org
FITNESS FOR EVERYBODY



The Details

Saturday, February 10 • Sunday, February 11

Compete in the Sprint Course, Long Course or Points Event

Sprint Course

- Swim 400 yards (8 laps / 16 lengths) – Indoor Pool
- Bike 8 Miles – Stationary Bike
- Run 2.5 Miles – Treadmill

Long Course

- Swim 750 yards (15 laps / 30 lengths) – Indoor Pool
- Bike 18 Miles – Stationary Bike
- Run 5 Miles – Treadmill

Points Event*

- Swim (10 minutes) – Indoor Pool
- Bike (30 minutes) – Stationary Bike
- Run (20 minutes) – Treadmill

**Total available points are based on the total number of participants in the event. If there are 100 people in event, the athlete who swam the farthest in the pool receives 100 points. The second farthest swim receives 99 points and so on. Same for the bike and run. The three scores for each participant are totaled for an overall score.*

For more information, contact...

Phil Ruben at 314.442.3279 or pruben@jccstl.org



Pricing

Single Event Pricing

- Sprint – \$35m / \$45p
- Long – \$45m / \$55p
- Points – \$30m / \$35p

CHALLENGE YOURSELF!

Everyone who races more than once receives a medal.

Multiple Event Pricing

- Sprint – Saturday & Sunday - \$60m / \$80p
- Long – Saturday & Sunday - \$80m / \$100p
- Points – Saturday & Sunday - \$50m / \$60p

- Combination Sprint & Long – Saturday & Sunday - \$70m/\$90p
- Combination Sprint & Points – Saturday & Sunday - \$55m/\$70p
- Combination Long & Points – Saturday & Sunday - \$65m/\$80p

Prices increase after January 26.
Registration deadline is February 5.
m-members & p-public



Do More Than Participate!

We love our volunteers!

If you can't participate, but want to get involved, we'd love to have you. For more information on volunteering, contact Stephanie Rhea at 314.442.3164 or srhea@jccstl.org

Start Training Today

Need a push? Start training for the Indoor Triathlon today with a personal trainer! We'll help you reach your goals. Contact Bernie Suddarth at 314.442.3452 or bsuddarth@jccstl.org
For swim training, contact Tracy Branson at 314.442.3495 or tbranson@jccstl.org

What you need to know

Events run in the following order: Long Course, Sprint Course, Points Event, beginning at 6:00am.

The next event begins approximately one hour after the final heat of the prior event.

Confirmation emails will be sent with heat times and packet pickup information.

Prizes will be awarded to individual age, gender and top finishers.

You must be at least 12 years of age to enter the race.

All participants receive a commemorative performance shirt.

Space is limited – register early.

The Indoor Triathlon is held at the:

Jewish Community Center
Marilyn Fox Building
16801 Baxter Road
Chesterfield, MO 63005

Register
online at
jccstl.org

