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



Register  
online  
today!



September 3, 2018



jccstl.org

# Kids' Triathlon

Includes high quality  
performance shirt!

## Course Information

- ages 5-6      50y swim      1.5mi bike      1/4mi run
  - ages 7-10      100y swim      3mi bike      1/2mi run
  - ages 11-14      200y swim      6mi bike      1mi run
  - Oldest division heats begin at 9:30am and will progress from oldest to youngest throughout day
  - Registration closes August 28
- Space is limited, first come, first served*

## Course Walk-through & Packet Pickup

Staenberg Family Complex (Creve Coeur)  
Sat & Sun, Sept 1 & 2, 10am-1pm

*(Optional 12pm course walk through each day)*

- Mandatory pre-race bike\* and helmet safety check
- Parent/guardian must be present to sign liability waiver
- Bring bike\* to be tagged and stored at the J
- Receive your heat time
- Optional pre-race course walk through

## Awards

- Overall top boy and girl in each course receive a trophy
- Top three boys and girls in these age groups receive medals: 5-6, 7-8, 9-10, 11-12, 13-14
- Athletes using swim aids will not be eligible for awards

## Contact

Natalie Lesko, 314-442-3104 or nlesko@jccstl.org

*\*No training wheels, tricycles or scooters are allowed*

## Kids' Triathlon Swim Clinic

Get specialized swimming instruction to help you master the first leg of the race, energized and confident to continue. Led by experienced tri-athletes and swim coaches.

Sunday      8/19 & 8/26      9-11am

\$20m/\$30p one day • \$35m/\$55p both days

Contact:

Heather Cheseman, 314.442.3296 or hcheseman@jccstl.org

## Details

- Bagels, fruit, yogurt, water, gatorade and more!
- Complimentary day pass to the J – stay and swim!
- Registrations are non-refundable & non-transferrable
- Refunds will not be issued in the event that the programs must be canceled due to inclement weather

## Registration

Mail to: The J, Attn: Registrar, 2 Millstone Campus Dr., St. Louis, MO 63146

**We cannot complete registration without payment.**

Name \_\_\_\_\_

☐ Member    ☐ Public      ☐ Male    ☐ Female

Age on 9/3/18 \_\_\_\_\_ Date of Birth \_\_\_\_\_

☐ I have registered for a program in the past 12 months and the information below is on file.

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email (for confirmation) \_\_\_\_\_

Home Phone \_\_\_\_\_

Alternate Phone (emergency contact) \_\_\_\_\_

## Program Information

T-shirt Size    ☐ 6-8    ☐ 10-12    ☐ 14-16    ☐ S    ☐ M    ☐ L    ☐ XL    ☐ XXL

*Sizes not guaranteed.*

Register at  
[jccstl.org](http://jccstl.org)

I'm registering for:

☐ Kids' Triathlon      \$35m/\$40p After 8/13 \$40m/\$45p  
*(registration closes August 28)*

☐ Kids' Tri Swim Clinic    ☐ 8/19    ☐ 8/26    \$20m/\$30p per day  
OR      ☐ Both days \$35m/\$55p

## Payment Information

Total Enclosed \$ \_\_\_\_\_ Check # \_\_\_\_\_ (payable to The J)

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

Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

\*\*Name as it appears on credit card \_\_\_\_\_

\*\*Billing address (if different from above) \_\_\_\_\_

Confirmation and further information will be e-mailed after registration & payment are received.