

Registration Deadline: February 4

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 9 _____
Address _____
City _____ State _____ Zip _____
Phone _____
Email _____

Program Information

Member:

- ☐ \$35 Sprint
☐ \$60 2-day Sprint
☐ \$70 Combo
 Sprint & Long*
- ☐ \$45 Long
☐ \$80 2-day Long
☐ \$55 Combo
 Sprint & Points*
- ☐ \$30 Points
☐ \$50 2-day Points
☐ \$65 Combo
 Long & Points*

Public:

- ☐ \$45 Sprint
☐ \$80 2-day Sprint
☐ \$90 Combo
 Sprint & Long*
- ☐ \$55 Long
☐ \$100 2-day Long
☐ \$70 Combo
 Sprint & Points*
- ☐ \$35 Points
☐ \$60 2-day Points
☐ \$80 Combo
 Long & Points*

After January 25, 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 500y swim:

☐ Under 10 mins.
☐ 12-15 mins.

☐ 10-12 mins.
☐ Over 15 mins.
- *Estimated 1m run:

☐ Under 8 mins.
☐ 10-12 mins.

☐ 8-12 mins.
☐ Over 12 mins.

**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



When the going gets tough, the tough TRI harder!



Saturday, February 9
Sunday, February 10



The Details

Pricing

What you need to know

Saturday, February 9 • Sunday, February 10

Compete in the Sprint Course, Long Course or Points Event
Swim: Indoor Pool | Bike: Stationary Bike | Run: Treadmill

Sprint Course

- Swim 400 yards (8 laps / 16 lengths)
- Bike 8 Miles
- Run 2.5 Miles

Long Course

- Swim 750 yards (15 laps / 30 lengths)
- Bike 18 Miles
- Run 5 Miles

Points Event*

- Swim 10 minutes
- Bike 30 minutes
- Run 20 minutes

**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



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 25.
Registration deadline is February 4.
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 Heather Cheseman, 314.442.3296, hcheseman@jccstl.org

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 gift.

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

