



September 5, 2016

Ages 5–14



**Build your endurance and
meet the challenge!**

For Labor Day Run details, look inside!

jccstl.org

JEWISH COMMUNITY CENTER
FITNESS FOR EVERYBODY



Kids' Triathlon

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
- Youngest division heats begin at 9:30am and will progress from youngest to oldest throughout day
- Registration closes August 30

Space is limited, first come, first served

Course Walk through & Packet Pickup

Staenberg Family Complex (Creve Coeur)

Sat & Sun, Sept 3 & 4, 10am-2pm

(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

- All participants receive a finishing medal
- 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 instruction specific to swimming to help you master the first leg of the race, energized and confident to continue. Led by experienced tri-athletes and swim coaches.

Sunday 8/14 & 8/21 9-11am

Contact:

Heather Cheseman, 314-442-3296 or hcheseman@jccstl.org

Details for Both Events

- Post-race massages (*Labor Day Run only*)
- Snacks and refreshments after the races
- 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

**Free
performance
shirt!***

Registration

Mail to: J, Attn: SRA, 2 Millstone Campus Drive, St. Louis, MO 63146

We cannot complete registration without payment.

Name _____

☐ Member ☐ Public ☐ Male ☐ Female

Age on 9/5/16 _____ 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

I'm registering for:

By Sept 2 / Sept 3 and after

☐ 10K Run \$25 / \$30

☐ 5K Run \$25 / \$30

☐ Kids' Triathlon \$35m/\$40p After 8/15 \$40m/\$45p

(registration closes August 30)

☐ Kids' Tri Swim Clinic ☐ 8/14 ☐ 8/21 \$20m/\$30p per day

OR ☐ Both days \$35m/\$55p

**Register at
jccstl.org**

Payment Information

Total Enclosed \$ _____ Check # _____ (payable to JCC)

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

Credit Card # _____ Exp. Date _____

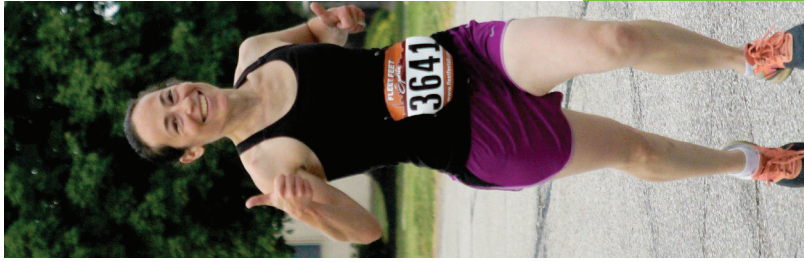
Signature _____

**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.

*All Kids' Triathlon participants & first 250 LDR participants. Sizes not guaranteed.



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



Jewish Federation
of St. Louis



THE
STAENBERG
GROUP
DESIGN. DEVELOP. DELIVER.



**Register
online
today!**