


J.R. HOLDER WELLNESS
FALL
INDOOR
TRIATHLON



What is an Indoor Triathlon?

An Indoor Triathlon is a sporting event that includes swimming, biking, and running inside an indoor facility. This event is meant to attract participants new to the sport, as well as athletes who want to really test themselves at shorter distances.

- The distances for this event are: 200 yard swim (8 laps), a 5 mile stationary bike ride, and a 1.5 mile run on the treadmill.
- The distances will be recorded by time. There are NO transition times. Transition times are added into overall time. The individual/team with the fastest time wins for each division.

What are the divisions? (Top 3 winners in each division)

Men's Community, Men's College, Women's Community, Women's College and a Team Division. There will also be an overall male and female winner.

Race Date: Saturday, November 21th, 2009. First heat will begin at 8:00 a.m. Doors will open at 7:15 a.m.

How to Register:

Pre-Registration will kick off Monday, November 2nd and will end Sunday, November 15th. Contact J.R. Holder Wellness Center at 580-327-8100 for details, registration forms, race day information, or check us out online at www.nwsu.edu/wellness-center. **There will be NO race day entries.**

Fee: Individual Student/Member.....\$15.00
Individual Non-Member.....\$30.00
Team Student/Member.....\$35.00
Team Non-Member.....\$40.00



*If you are unsure of competing in all three events, get your friends, family, or someone from work and develop a team!

Don't Miss Out On The Fun, Give It A TRI!!!