

**CHALLENGE YOURSELF  
AT THE CLUB'S INAUGURAL  
INDOOR TRIATHLON  
ALL LEVELS WELCOME!**

**SWIM (10 minutes)**

**with 10-minute transition to bike portion**

- Athletes will swim in the Club's 25-yard pool.
- Distance will be recorded in 25-yard increments
- One to two racers per lane in each heat.
- Swim/Tri Suit required (Wetsuits not allowed).
- You will be counting laps for the heat before yours. Be on deck and ready to go when the heat before yours is ready to start.

**BIKE (20 minutes)**

**with 5-minute transition to run portion**

- Athletes will pedal on LifeFitness Stationary bikes in the Club's fitness center.
- Appropriate athletic attire is required.

**RUN (15 minutes)**

- Athletes will run on LifeFitness Treadmills in the Club's fitness center.
- Distance will be recorded at conclusion.

**GENERAL RULES**

- Packet pick-up & race orientation will be held Feb. 26 & 27. All athletes are responsible for their own packet pick up. Photo ID required.
- Triathlon is a pool swim race. Athletes will be assigned a starting time.
- Athletes must register at least 30 minutes prior to your start time.
- Have fun!

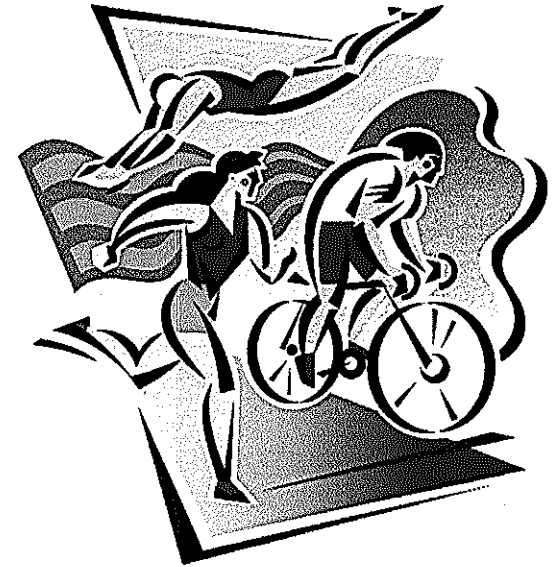
**AGE GROUPS & AWARDS**

15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+  
**Medals will be awarded to all athletes who finish.**

Awards to top three overall male and female; top three in each age group; AND top three relay teams.



2920 W. 183rd St.  
Homewood, IL 60430  
hfracquetandfitness.com



**INDOOR  
TRIATHLON**  
**SWIM-BIKE-RUN**

**Saturday, Feb. 27**

*Club membership is not required!*



a facility of the homewood-flossmoor park district  
2920 W. 183rd St., Homewood  
708-799-1323 • hfracquetandfitness.com

**NEW! INDOOR TRIATHLON: SWIM - BIKE - RUN**

# OFFICIAL ENTRY FORM

Each participant MUST sign the waiver. Unsigned forms are invalid. One participant per form. Incomplete or illegible forms are invalid.  
 Please print neatly. Copies of the form are acceptable with original signature. Registration confirmation will be emailed. Entry fees are NON-REFUNDABLE.  
 ONE PARTICIPANT PER FORM. RELAY TEAMS MUST HAVE ONE APPLICATION PER PARTICIPANT.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

DAYTIME PHONE: \_\_\_\_\_

EVENING PHONE: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

AGE ON 2/27/10: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_  MALE  FEMALE

CREDIT CARD visa mc discover amex # \_\_\_\_\_ expires \_\_\_\_\_

<input type="checkbox"/> I'd like more information about the Homewood-Flossmoor Park District! Sign me up for its free, weekly email club.	WAVE START TIMES (Circle top 3 choices):		
	7 a.m.	8:40 a.m.	10:20 a.m.
<input type="checkbox"/> I'd like more information about the H-F Racquet & Fitness Club.	7:25 a.m.	9:05 a.m.	10:45 a.m.
	7:50 a.m.	9:30 a.m.	11:10 a.m.
	8:15 a.m.	9:55 a.m.	11:35 a.m.

CODE: #456513-01      ADVANCED REGISTRATION (by Friday, Feb. 19)\* CHECK ONE:

- \$30 / H-F Resident Individual     \$60 / H-F Resident Relay  
 \$35 / Non-Resident Individual     \$75 / Non-Resident Relay

*\*Late rates are \$10 higher. Registration ends Thursday, Feb. 25.*

Make checks payable to: "H-F Racquet & Fitness Club"  
 Mail completed entry form, waiver & check to:  
 H-F Racquet & Fitness Club, Attn: Josh May  
 2920 W. 183rd St., Homewood IL 60430

Phone-in credit-card registration is accepted at 708-799-1323 until FEB. 25, 2010.  
 VISA MC DISCOVER AMERICAN EXPRESS



SWIM - BIKE - RUN

## WAIVER STATEMENT

The H-F Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in running/walking events. You are solely responsible for determining if you or your minor child/ward are physically fit for participation. It is always advisable to consult a physician before undertaking any physical activity.

### Warning of Risk

Running and power walking are intended to challenge each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. In this regard, it must be recognized that it is impossible for the Homewood-Flossmoor Park District to guarantee absolute safety.

### Waiver & Release of All Claims and Assumption of Risk

Please read this form carefully. You will be assuming the risk and legal liability and waiving all claims for injury, damages or loss which you or your minor/ward might sustain as a result of participating in any activities connected with and associated with this event. I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss that my minor/ward or I may sustain as a result of participating in any activities associated with this event.

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have. I further agree that this agreement shall be governed by the State of Illinois.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

### Participant's Signature

(18 years & older or parent/guardian)

NEED MORE INFO? CALL OUR HOTLINE: 708-799-1323, EXT. 34  
 OR EMAIL JMAY@HFPARKS.COM