Questions?

For additional information, contact Brenda Reiling, PT, at (217) 535-3875.

Sponsors

Try the Tri is sponsored in part by:

AthletiCare™
St. John's Hospital
AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

FitClub®
Fitness And Wellness For Life

A registration form is on the reverse side of this brochure, or it can be downloaded at athleticare.org. Online registration is available through http://athleticare.proeventreg.com/trythetri. All mailed registrations must be postmarked by April 1, 2012. Race day registration is open from 6 - 6:30 a.m. only.

USAT USA TRIATHLON

Waiver and membership information can be viewed at USATriathlon.org.

St. John's Hospital
AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

800 E. Carpenter Street
Springfield, IL 62769

Try the Tri

Sunday, May 6, 2012

150-yard swim
5-mile bike
1.2-mile run

AthletiCare™
St. John's Hospital
AN AFFILIATE OF HOSPITAL SISTERS HEALTH SYSTEM

Try the Tri is designed to encourage the novice participant. All funds raised will be contributed to Team AthletiCare, an initiative to raise money for area school physical education and fitness programs.

Early packet pick-up

Early packet pick-up/registration will be on Friday, May 4 from 5 to 7 p.m. and Saturday, May 5 from 1 to 3 p.m. at AthletiCare, 3631 S. Sixth Street. USAT members will be required to show their USAT card. USAT regulations state you must pick up your own individual packet with photo identification. **Minors must have a parent co-sign the waiver.** Non-USAT members are required to purchase a single event permit.*

Registration

Register online at http://athleticare.proeventreg.com/trythetri (closes May 4, 2012, at midnight). No late fees will be applied to online registration.

OR

Complete and mail in registration form (postmarked before April 1, 2012, to avoid $10 late fee).

Race day schedule

6 - 6:30 a.m.	Packet Pick-Up at AthletiCare
6 a.m.	Transition Area Opens
7 a.m.	Transition Area Closes
7:15 a.m.	Pre-race Meeting at AthletiCare
7:30 a.m.	Race Begins
Post Race	Refreshments / Awards Ceremony at Southern View Park East Course

Note: To ensure the safety of participants and staff, AthletiCare reserves the right to cancel any or all events due to bad weather conditions or circumstances beyond our control. No refunds or transfers available.

** Permit is proof of mandatory insurance required for sanctioning of the event.*

Event details

Swim (150 yards) The first swimmer will start at 7:30 a.m. in the FitClub South Lap Pool. Swimmers will enter the pool at 15-second intervals. Order will be determined by the 150-yard swim time.

Bike (5 miles) The bike course is an out-and-back course on fairly flat and smooth roads. Helmets are mandatory.

Run (1.2 miles) The run is a loop through the Southern View Park on a smooth, flat course. Little or no shade is available.

Amenities

Each participant will receive a quality t-shirt with event logo. Refreshments will be provided at the post race party in Southern View Park adjacent to FitClub South. The Awards Ceremony will follow the race. All participants will be entered into a drawing for a variety of door prizes. Must be present to win.

Race Preparation

On April 18, 2012, AthletiCare will host "Are You Ready? Tips and guidelines to promote a successful Try the Tri." This free seminar will be held at AthletiCare, 3631 S. Sixth Street in Springfield, from 6:30 - 8 p.m. Registration is requested.

Awards

Male and female, 1st - 3rd overall will receive prizes.

Each age category, male and female, 1st - 3rd (certificates).

Medals will be given to all finishers. (No special divisions or teams.)

Age Categories: 9-10, 11-12, 13-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89

Registration Information

Last Name _____

First name _____

Age on 12/31/12 _____ DOB _____

USAT number _____ Sex _____

Time to swim 150 yards _____

Address _____

City _____ State _____ ZIP _____

Phone _____

E-mail _____

Entry fee/online: ☐ $32
Late entry fee (after 4/1/12) ☐ $42

All participants are required to show their USA Triathlon membership card and photo I.D. at Packet Pick-up/Registration.
Non-members MUST purchase a one-day USAT permit:
☐ Adult, 18+ ($12)
☐ Child, 17 & under, **1 day** ($10)
☐ Child, 17 & under, **1 year** ($15)

T-Shirt Size (adult sizes) S M L XL

Entry Fee $ _____

USAT Permit (non-member) $ _____

Total Enclosed $ _____

Make checks payable to **St. John's AthletiCare** and mail to:

St. John's Rehab South
Attn: Amanda Meyer
3631 S. Sixth Street, Springfield, IL 62703

Or register online at http://athleticare.proeventreg.com/trythetri.