

2010 Stroke, Spin & Stride Self Paced Triathlon

September 13 - October 22, 2010

Divisions Include:

- **Ultra Ironman (Double)** - 5.2 mile swim (183 laps), 52 mile run/walk, 220 mile bike
- **Ironman** - 2.6 mile swim (92 laps), 26 mile run/walk, 110 mile bike
- **Tinman** - 1.3 mile swim (46 laps), 13 mile run/walk, 55 mile bike
- **Olympic** - .9 mile swim (33 laps), 6.2 mile run/walk, 24 mile bike
- **Sprint** - 750 yard swim (15 laps), 3.1 mile run, 12.4 mile bike

\$18.00
Entry Fee

*1 lap is down and back in any of the pools.

Event Description:

- ⇒ Competitors will have **40 days** to reach their triathlon goal. Work your way up to the Ultra Ironman!
- ⇒ Competitors will be asked to record their results at the BSC Aquatic and Wellness Center.
- ⇒ We will rely completely on the honor system for all competitors when recording their mileage totals.
- ⇒ All competitors that reach the Sprint level or higher by the end of the event will receive a t-shirt.
- ⇒ All competitors that complete the Sprint level or higher will be entered in a drawing for prizes.
- ⇒ Mileage may be accumulated indoors or outdoors.

For more information contact Kevin at 751-4266.

2010 Self-Paced Triathlon Registration Form

Name: _____ Phone: _____

Address: _____

City/State/Zip: _____

Male _____ Female _____

Email Address: _____

ADULT SHIRT SIZE: Small Medium Large X-Large XX-Large

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I hereby, for myself, my heirs, and administrators, waive and release any and all rights and claims, for damages I may have against the BSC Aquatic & Wellness Center and co-sponsors, their agents, representatives, successors, and assigners for any and all injuries by me at this event. FOR COMPETITORS UNDER THE AGE OF 18: I, the undersigned parent or legal guardian of the competitor, hereby approve and confirm the waiver and release.

Signature: _____ If under 18 parent/guardian signature: _____

Return registration form and payment to:
BSC Aquatic & Wellness Center, 1601 Canary Avenue, Bismarck, ND 58503
Make checks payable to: BSC AWC