

Stroke, [BSC AQUATIC & WELLNESS CENTER] Spin & Stride

Self Paced Triathlon

September 13–October 22, 2010

Stroke, spin and stride at your own pace at the BSC Aquatic & Wellness Center! 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 received a t-shirt and be entered in a drawing for prizes. Mileage may be accumulated indoors or outdoors (Cycling classes are worth 13 miles).

Divisions:

- ULTRA IRONMAN (Double): 4.8 mile swim (158 laps), 52.4 mile run/walk, 224 mile bike
 - IRONMAN: 2.4 mile swim (79 laps), 26.2 mile run/walk, 112 mile bike
 - TINMAN: 1.2 mile swim (40 laps), 13.1 mile run/walk, 56 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
- *1 lap is down and back in any of the pools.

Fee: \$18

For more information, contact: Lindsey at 751-4266.

Name _____ Male Female
 Address _____ City, State, Zip _____
 E-mail Address _____ Phone _____
 Adult t-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 of participant or parent/guardian if under 18: _____

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