



REGISTRATION FORM

Name:	Phone number:
Birth Date / / Age: Gender: M F	T-shirt size: S M L
Mailing Address:	E-Mail:
City, State, Zip	Today's date: / /

Registration Fee:

Individual:	\$40	
Team:	\$55	Team Name:
Team Member 1 Name:	Team Member 2 Name:	
Team Member 3 Name:		
Make Checks Payable to: Richard E. Workman Sports & Wellness Complex	Mail to: The Richard E. Workman Sports & Wellness Complex c/o Just TRI 1301 N. Maple St. Effingham, IL 62401	

Registration Form must be received by February 21 for Tshirt. Race day sign up will be available, start times may vary.

Please select your top three preferred start times. Please rank from 1-3. You will be notified of your official start time, via email, one week prior to event.

8:05	8:30	8:55	9:20
9:45	10:10	10:35	11:00
11:25	11:50	12:15	12:40

(Additional start times may be added based on participant sign up volume)

I agree to participate in a program of strenuous physical activity, offered by The Workman Sports & Wellness Complex (WSWC). I hereby affirm that I am, or the above person is in good physical condition and does not suffer from any disability that would prevent or limit participation in this program. In consideration of myself, my heirs and assigns, hereby release by the WSWC from any claims, demands, and causes of action arising from my or the above named person's participation in any of the above stated programs, and I hereby release the WSWC, from any liability now or in the future including but not limited to heart attacks, muscle strains, pulls, tears, broken bones, shin splints, heat prostration, knee, lower back, or foot injuries and any other illness, soreness or injury however caused occurring before, during or after participation in any other of the above stated programs offered at the WSWC or at any time, while in the vicinity of the premises of the above stated business, or in any activity sponsored, represented, or organized by the WSWC, for any reason. I agree that my or my child's picture or likeness can be represented and published in any by the WSWC. By signing, I hereby affirm that I have read and fully understand and agree with the above waiver.

Signature of Participant or Parent/Guardian (if under 18): _____

Date: _____



RICHARD E. WORKMAN
Sports & Wellness
Complex



Just Tri



For your safety and for the safety of all the participants in this year's event, please read the following information carefully.

Please arrive 30 minutes prior to your start time. Please be punctual. We will have waves of 10 people participating in each group. If you're not in the pool area by your start time, the race will start without you. Registration will be located near the Front Desk. Lockers and towels are available for non-member use and are complimentary. You will need to bring your own lock if needed. We will have volunteers to answer questions and to point you in the right direction.

Overview: The Indoor Triathlon is based on time rather than distance - meaning you receive points for going further in the specific period of time, not going faster over a fixed distance. The furthest distance in each category gets the most points (one point for each yard traveled). All three disciplines count equally toward your final score. Therefore, your rank and score will not be determined until all participants have completed the event. The total event will be 60 minutes: 10 minutes in the pool, a 10-minute transition, 20 minutes on a spin bike, a 5-minute transition and 15 minutes on a treadmill. Participants will be allowed to warm up in the pool 5 minutes prior to your start. Transition times are fixed between events and do not count toward participants' scores. The transition times are planned to allow safe progression to the next discipline. Each participant will be issued a score card to carry with them to each event. Score cards will be handed to the event official prior to the start of each event. Headphones are allowed during this event. Make sure to bring your own water bottle for the bike and run events if needed. Water bottles will not be provided during the event. Swim caps are not required but it is suggested to wear swim goggles. Please bring a towel for use after the swim, hand towels will be provided at the event for use on bike and run. Bottled water and bananas will be provided post-race.

In the Pool: Participants will swim for 10 minutes in the pool. There will be no more than two participants per lane. Each wave will have 10 participants, with all participants starting at the same time. Participants will have their lane assignment on their score card. The head ref for the pool will use a whistle or horn to mark the start and stop time. Participants are required to be in the pool for the start. Once started, participants can stop to rest by hanging on the wall, lane line or by standing. When the stop whistle or horn goes off, all racers must stop and return to the start end of the pool. Participants will be given credit for total lengths completed measured in $\frac{1}{2}$ lengths. For example, if you've finished 20.8 lengths you will be given credit for 20.5 lengths. At the end of your swim the event official will give you your score card. Participants must take score card to the next event official.

T1 (Transition 1, from the pool to the bike): Participants will be given 10 minutes from the whistle or horn to go to the locker room, change into clothing for cycling/running and get to the cycling room. Again, please be prompt, but safe and considerate of others while moving through the facility. The 10 minutes allowed should be adequate to make the transition in a safe, controlled manner. We recommend bringing your bike and running gear for a smoother transition. Wet swimwear will not be allowed on the bike.

On the bike: Participants will bike for 20 minutes. Each bike will have a power console that tracks distance. You will be allowed to adjust your own tension higher throughout the bike portion. Participants are Not allowed to bring their own pedals. The pedals on the stationary bikes do have clip in pedals if you have the correct cycling shoe. The pedals also have a toe strap to secure your foot to the pedal. Regular running shoes would be suggested. Time permitting, participants can adjust the handlebar height and seat height positions (If you have never ridden one of our stationary bikes, it is strongly suggested you come to the Sports Complex in the week prior to event to get fitted). The head official for the bike area will ensure the trip counter on each bike computer is reset to zero before each wave starts and that no one gets off to a false start. At the end of the 20 minutes, the head official will signal participants to stop. Volunteers will record the total distance based on your bike's computer to your score card. Participants must then take score card to the next event official. Participants will be allowed to bring towels and have water bottles while on the bike.

T2 (Transition 2, from the bike to the run): Participants will be allowed 5 minutes to transition from the bikes to the treadmills. Please be courteous of other people as you make your way to the run.

On the run: Participants will run 15 minutes. The run segment will be done on treadmills. We will make every effort to ensure all treadmills are of the same brand and are calibrated accurately. The head ref for the run area will ensure that no participants press their start button before the start is called and that all participants stop their machines at the end of 15 minutes. Treadmills will be set at a 0% incline and may be adjusted, as long as you do not have a negative incline. Participants can control how fast they set their treadmills and can change the speed throughout the 15 minutes. If you need a break, slow down the machine. Participants must remain on the belt of the treadmill for the entire 15 minutes. If you choose to stop early and step off the belt, your distance will be recorded at the point you stopped. Otherwise, volunteers will record distances at the end of the 15 minutes. Participants will be allowed to bring towels and water bottles with them for the run. Upon completion of the run please wipe down the treadmill with the supplied disinfectant wipes.

Scoring: Volunteers will record the distances of each participant in each event and tabulate the final score. Results will be available online at www.workmansportscomplex.com the week following the event, results will also be emailed to all participants who provide an email address. Ranking will be provided for Overall, Open Men, Open Women, Team, Men 19 and under, Women 19 and under, Men 20-29, Women 20-29, Men 30-39, Women 30-39, Men 40-49, Women 40-49, Men 50-59, Women 50-59, Men 60-69, Women 60-69, Men 70+ and Women 70+

We look forward to having a fun event. Thank you for participating.