

# Registration Form

Name \_\_\_\_\_

City & State \_\_\_\_\_

Email \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

DOB \_\_\_\_\_ Age on 6-23-12 \_\_\_\_\_

**Requested** start time \_\_\_\_\_

T-shirt size \_\_\_\_\_

Regular Registration Fee through June 15th \$30

Late Registration fee (June 16th-21st) **\$40**

**NO registration after June 21st**

Extra T-shirts can be ordered for \$10 each

Total enclosed \$ \_\_\_\_\_

**Please make checks payable to:**

**Marvin Altman Fitness Center**

I, the undersigned, in consideration of my entry into the 2012 TRI for the Roses to be held Saturday, June 23rd 2012, acting for myself, heirs, personal representatives and assigns, do hereby waive and release any and all claims of damages I may have against Marvin Altman Fitness Center, Sparks Health System & Health Management Associates and all participating sponsors and supporters for all claims, suits of law or equity for any injury, fatal or otherwise, which may result directly or indirectly to myself, or any loss or losses of personal property which might occur traveling to, from or during my participation in said contest.

\_\_\_\_\_  
Signature of contestant                      date

\_\_\_\_\_  
Signature of parent /guardian if under age 18

# -----2012 Women's Triathlon-----

2012 TRI for the Roses

Saturday, June 23rd

## Registration

Open to the first 100 individuals who return their **completed** registration form and entry fee.

**Regular Registration Deadline: Friday, June 15th, \$30**

**Late Registration Deadline: Thursday, June 21st, \$40**

Race T-shirts will be ordered on June 15<sup>th</sup>. Entries received after that will not be guaranteed a shirt.

Complete the registration form on the left, and mail/deliver to:

Sparks Health/MAFC  
Attn: TRI for the Roses  
P.O. Box 2406  
Fort Smith, AR 72902-2406

You will receive an email when your registration form has been processed. **If you do not hear from us** within a week of delivery, please email us at [FortSmithTri@gmail.com](mailto:FortSmithTri@gmail.com) to confirm that we received your form.

## Starting time

First wave starts at 7:30am, other waves start every 35 minutes thereafter. An email will be sent one week before the race with your start times.

Feel free to bring a water bottle for the bike and run.

## Location

Marvin Altman Fitness Center  
810 Lexington Ave, Fort Smith, AR  
(For directions, call 479-441-5469 or email [FortSmithTri@gmail.com](mailto:FortSmithTri@gmail.com))

## Events

300-yard pool swim  
6-mile stationary bike  
2-mile run on indoor track

## Age divisions

12-19	20-29	30-39
40-49	50-59	60+

## Awards

Best Overall Female Award  
Awards three-deep in each age group

Ceremony to follow soon after last participant crosses finish line.

## Hotel Information

Holiday Inn City Center, 700 Rogers Ave.  
479-783-1000 / 800-465-4329

Marriott Courtyard Downtown, 900 Rogers Ave.  
479-783-2100 / 800-992-2694

## Race Packets

Packets may be picked up on Race Day morning, starting at 6:30am at MAFC.

All participants entered by June 15<sup>th</sup> will receive a T-shirt.

For more information, see our Facebook group:

**Fort Smith Arkansas Triathlons**

Or send e-mail to [FortSmithTri@gmail.com](mailto:FortSmithTri@gmail.com)



**4th Annual Women's Triathlon**

Marvin Altman Fitness Center  
810 Lexington Avenue