

First Annual OPC

Indoor Triathlon

January 15, 2011

ALL AGES WELCOME

Have you ever wanted to do a Triathlon but have not tried it yet? Are you a veteran tri-athlete looking for a fun challenge in the off-season? If so, our NEW Indoor Triathlon is just for you! Swimming will take place in our 25yd lap pool, you will then bike on one of our brand new spinning bikes, and then run on the indoor track. Go at your own pace, we will keep track of your distance.



Location: Older Persons' Commission, 650 Letica Drive, Rochester, MI
Time: First heat starts at Noon. Please check in 30 minutes before your start time
Distance: 20 Minute Swim • 20 Minute Bike • 20 Minute Run
Registration Deadline: Monday, January 3, 2011

NAME _____

ADDRESS _____

CITY/STATE _____ ZIP _____

PHONE (____) _____ BIRTH DATE _____

EMAIL _____

CIRCLE PREFERRED HEAT TIME:

12:00pm 12:30pm 1:00pm 1:30pm 2:00pm

FEE: \$35 (OPC Member)

\$40 (Non-OPC Member)

Non-refundable

T-SHIRT SIZE (circle):

SM MED LG XL

(Preferred start times are not guaranteed. Only 8 people in each heat. If your preferred start time is full you will be notified.)

SIGNATURE OF APPLICANT or PARENT or LEGAL GUARDIAN (18 and under)

Name _____ Date _____

In consideration of acceptance of this entry, I assume all responsibility and agree to waive any and all claims for myself and my heirs against officials and sponsors of the 2011 OPC Indoor Triathlon from injury or illness which may result directly or indirectly from my participation. I further state that I am in proper physical condition to participate in this event.

Mail registration and fee payable to: Older Persons' Commission, 650 Letica Dr., Rochester, MI 48307.
Register in person or by calling (248) 608-0251 or (248) 659-1029.