

Thank you for your participation
in our Triathlon. Proceeds help fund
J Fit programs and equipment!

Awards:

Medals will be awarded based on
age group and gender competition.
The overall male and female winners
will be awarded gift certificates.

Entry Fees and Requirements:

- Registration is open to the community
(Enrollment is limited)
- \$36 per JCC Member
\$54 per Non-Member
- Registration must be received by
Feb. 13, 2012 (After Feb. 24 registrations accepted
on a limited basis with \$10 late fee)
- Participants must be at least 14 years of age
- Each participant receives a T-shirt
(if registered by deadline)
- Team entries limited to 12
(2 or 3 individuals)
 - Team fee: \$75 Members, \$100 Non-Members
 - Starting time staggered
 - Contact Brady Mora for more information
913.327.8016

7 am (Staggered Start)

You will be notified of your start time
during the week of Feb. 20



We would like to thank our
sponsors & contributors for
helping make this event possible:

Title Sponsor

TA
TRANSAM

Sponsors



913-327-8010 jckc.org 913-327-8040 fax



J FIT

17th Annual



INDOOR
TRIATHLON
2012

February 26

Jewish Community Center



**J FIT
INDOOR
TRIATHLON
2012**



**Here's a map to The JCC
5801 W. 115th St.,
Overland Park, KS 66211
913-327-8010**

Please enter from the 117th & Nail entrance. Park on the west side of the Jewish Community Center, next to the outdoor pool and tennis courts. Signs will be posted to direct you to the check-in table inside the building.

**Thank you for entering the
JFit 17th Annual Indoor Triathlon!**

Last Minute Information

Order of Events:

Swim 10 laps (20 lengths)
Bike 8 miles (resistance 10)
Run 2 miles (20 laps)

Two towels will be provided for your use.

Put your transition belongings in the pool area.

Everyone will start in the pool. Heats are approximately every 20 minutes, beginning at 7 am.

The bike portion will take place on Keiser Bikes.

You can bring your own timer, or one will be provided for each athlete.

Timers' tasks:

Timers will count your laps in the pool and on the track and will time your event (swimming, biking, running) including travel time from the pool to the bike and track.

Once the clock is started at the pool, it will not be stopped until you cross the finish line on the track.

During your 9th lap, your timer will place a blue kickboard in the water.

After completing the 10th lap swim, move quickly to the hall east of the gym. A volunteer will then direct you to a bike.

After the biking portion, run upstairs to the starting line on the track to begin running your laps.

After crossing the finish line, enjoy cool down with refreshments in the check-in area.

**Hurry and Sign Up!
Sunday, February 26, 2012**

**Registration Form
must be received by Feb. 17**

Individual Entry Fee

- \$36 JCC Member *
 \$54 Non-Member *

Team Fee / Team Name:

- \$75 JCC Member*
 \$100 Non-Member*

Name: _____

Male Female

Phone: _____

Address: _____

Email: _____

Age: _____ Estimated Completion Time: _____

Providing your own timekeeper? Yes No

*\$10 late fee after Feb. 24

Credit Card: Visa MasterCard Discover (circle one)

CC# _____

Exp. Date: _____ **Security Code:** _____

Please circle T-shirt size: (3 per team)

S M L XL XXL

You will be contacted the week of Feb. 20 with your heat time. Please stop by the Member Experience Desk, located in the lower level at the JCC, to pick up your Triathlon information. Included is a waiver that must be **signed and returned prior** to the event. Signature of a guardian is required for participants under 18 years of age.

Questions?

**Contact James Brady Mora, 913-327-8016 or
bradym@jewishkc.org.**

The Jewish Community Center of Greater Kansas City
5801 W 115th St., Overland Park, KS 66211 / 913-327-8010

Good luck and enjoy!

Jewish Community Center