

# 14<sup>th</sup> Center for Fitness and Health Indoor Sprint Triathlon



**Sunday, March 19th, 8:30am**  
**\$35.00 Center for Fitness and Health member**  
**\$45.00 non member**  
**500 yd swim    8 mile bike    2 mile run**

Competitors will begin in 6 person heats, to be posted Sunday, February 26<sup>th</sup> after 12pm. Competitors must arrive at least 15 minutes before their scheduled start to check in and get marked for the race. Overall men's and women's winner will be awarded, as well as up to three winners in each age group category. Minimum age 12. Please direct all questions to Chad Vorderbrueggen, (724)379-5100  
[Chad@mvhealthplex.com](mailto:Chad@mvhealthplex.com) or Fax 724-379-6396

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Name \_\_\_\_\_ Gender \_\_\_\_\_ Age \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Address \_\_\_\_\_

Phone ( ) \_\_\_\_\_ Email \_\_\_\_\_ @ \_\_\_\_\_

Estimated Finish Time **DO NOT LEAVE BLANK** (for use in heat assignment): \_\_\_\_\_

I acknowledge that a triathlon is an extreme test of a person's physical and mental limits and carries with it the potential for injury. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN A TRIATHLON. I certify that I am physically fit, have sufficiently trained for participation in this event(s), and have not been advised against participation by a qualified health professional.  
For persons under 18 years of age, a parent or legal guardian must sign.

Participant Signature: \_\_\_\_\_

Parent Signature if under age 18: \_\_\_\_\_