

## Event Waiver

**RELEASE an HOLD Harmless Agreement:** As a participant in the program of the RecPlex, owned and operated by the VPP, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages or losses, which I may sustain as a result of participating in all activities connected with or associated with such program. I agree to relieve and relinquish all claims: I have as a result of participating in the program, against the VPP and its officers, agents, and employees. I do hereby fully released and discharged the VPP and its officers, agents and employees from any and all claims from injuries, damages, or losses, which I may have or may accrue to me on an account of any negligence during participation in the program. I agree to indemnify and hold harmless and defend the VPP and its officers, agents and employees from all claims resulting from injuries, damages and losses sustained during and arising out of, the activities of the program.

I have read and understand the "Release and Hold Harmless Agreement" and understand my signature is required to take part in RecPlex - IcePlex programs. If the participant is under 18, a parent or guardian signature is required

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent's or Guardian's signature if under 18 years of age)



## Directions to Prairie Springs Park & RecPlex

**From the south** - take I-94 north to Exit 347 at Highway 165. Travel east on 165, turn left on Terwall Terrace into Prairie Springs Park. The race will be held on the west side of Lake Andrea.

**From the north** - take I-94 south to Exit 347 at Highway 165. Travel east on 165, turn left on Terwall Terrace into Prairie Springs Park. The race will be held on the west side of Lake Andrea,

### 2011 Fall Indoor Triathlon

FitFest Indoor-Outdoor Tri Sunday, October 16  
Turkey Indoor Tri Sunday, November 20

REGISTRATION NOW OPEN



**RecPlex**  
9900 Terwall Terrace  
Pleasant Prairie, WI 53158  
(262) 947-0437

## Triathlon



Sun, October 16



Sun, November 20



## RecPlex Fall Indoor-Outdoor Triathlons

EXPERIENCE  
EXERCISE  
EXCELLENCE

[www.recplexonline.com](http://www.recplexonline.com)  
email: [raceinfo@plprairie.com](mailto:raceinfo@plprairie.com)  
Telephone: (262) 925-6742

## Interested in Volunteering?

Volunteers are needed to make this and future events a success. Volunteers are needed to make the event run smoothly.

## Volunteers will be organized into the following categories

- Course set-up
- Registration/Check-in
- General Information
- Course Marshalls
- Water Station
- Finish Line
- Post-race Refreshments
- Clean-up

For more information or to register as a volunteer please Call: (262)925-6747 or email: [volunteer@plprairie.com](mailto:volunteer@plprairie.com)



## About the Event

### Indoor/Outdoor Triathlon Format: October 16

- 400 yard swim (8 laps) in the Aqua Arena
- 8 mile spin bike
- 2.3 mile outdoor run (weather permitting)
- Winners based on fastest time

### Indoor Triathlon Format: November 20

- 10 minute swim in the Aqua Arena
- 10 minute transition
- 20 minute spin bike
- 5 minute transition
- 15 minute treadmill run
- Winners based on total distance

### Race Information – Indoor/Outdoor

- Swim will take place in the Aqua Arena
- Transition will be in the Dolphin Rm
- Bike will take place on spin bikes in the Orca Rm
- Run will take place on the paved run path in Prairie Springs Park
- Post-race refreshments will be available

### Race Information – Indoor

- Swim will take place in the Aqua Arena
- Transition will be in the Dolphin Room
- Bike will take place on spin bikes in Fitness Center
- Run will take place on treadmills in Fitness Center
- Post-race refreshments will be available in the Fitness Center

### General Information

- First wave goes at 7:00am sharp
- Additional waves go every 25 minutes
- Wave start times will be posted a week before each race in the RecPlex Fitness Center and online
- Athletes must check-in no later than 30 minutes before the start of their wave
- Medals to all overall & age group winners
- Certificates to all participants

## Indoor Triathlon Registration

Name .....

Address .....

City .....

State ..... Zip .....

Phone# .....

Email .....

Male  Female  Age on Race Day.....

### Age Categories

Male & Female: 8-12, 13-15, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74; 75-79, 80-84

### Indoor Triathlon Entry Fee – circle date

\$35 Members    \$45 Non-members

October 16    Program Code: 22399-10

November 20    Program Code: 22399-11

**Make Checks payable to:** Village of Pleasant Prairie

### T-Shirt Size: (please check your size)

\_\_\_ Small    \_\_\_ Medium    \_\_\_ Large

\_\_\_ X-Large    \_\_\_ XX-Large