



2010 Pinnacle Indoor Triathlon Series

10 Minute Swim – 20 Minute Bike – 10 Minute Run

- Dates:** Nov 20th - Dec 18th - Jan 15th - Feb 19th - Mar 19th
- Time:** 5:30 p.m. until 9:00 p.m. (Wave one starts at 5:30 p.m.)
- Location:** Pinnacle Health and Fitness – 5973 Executive Dr., Fitchburg, WI 53719
- Cost:** \$20.00/event or \$80 for Series ****Add \$5.00 if registering on race day****

(Note: Race day registration only available if space permits)

Registration is available on Active.Com

In-person registration is available at Pinnacle Health and Fitness or Fleet Feet Sports

Make checks payable to: Race Day Events, LLC

Mail registration and check to: Fleet Feet Sports
8440 Old Sauk Rd
Middleton, WI 53562

Questions: Race Director: Ryan Griessmeyer (608) 444-2261 or ryan@racedayeventsllc.com

Event: Series: _____ Nov 20: _____ Dec 18: _____ Jan 15: _____ Feb 19: _____ Mar 19: _____

Name: _____ **Birthday** ___/___/____ **Age:** _____

Street Address: _____ **Sex:** (Circle): M or F

City, State, Zip _____ **Pinnacle Member:** Yes No

E-mail: _____ **Phone #:** () _____ - _____

Preferred Start Time: (Between 5:30p.m. and 8:00p.m.) _____

****Note: We will do our best to get close to your preferred start time but not all of the requests will be possible****

In consideration of accepting this entry, I hereby waive and release any and all rights and claims for damages I may have against Fleet Feet Sports, Race Day Events, LLC., Pinnacle Health and Fitness, the race committee, sponsors, volunteers and representatives, for any and all injuries to me in this event. I have trained and I am physically capable of successfully competing in this event.

Signature: _____

Date: _____

Parent or guardian (if under 18): _____

Payment Type: _____

PINNACLE INDOOR TRIATHLON INFORMATION

General Information:

- Registration for each event closes when 60 entries are received.
- Register online at Active.com or in person at Pinnacle Health and Fitness or Fleet Feet Sports
- Age Groups: Male and Female 10yr. Age groups
- Wave start times will be e-mailed to you the Thursday before the event.
- Awards: Series awards to overall male and female and top three male/female age group finishers. There will be individual event awards to top male/female only.
- Post-race Refreshments will be available in the Fitness Center lobby
- Shirts **MUST** be worn in the club at all times.
- Please note there are no refunds on registration fees
- There are no registration transfers

Wave Requests:

- We will attempt to accommodate specific wave requests, when possible
- All requests **must** be received in writing on registration or via e-mail (ryan@racedayeventsllc.com) no later than 2 days before race date.
- Requests will be handled first-come, first-serve
- **Absolutely no changes will be made to waves once the final wave list is posted.**

Race Information:

- Swim will take place in the salt water pool at Pinnacle Health and Fitness – Fitchburg.
- Transition will be in the locker rooms just off the pool/whirlpool.
- Bike will take place on Keiser bikes in the upstairs cycling studio (Studio 2). All bikes will be set to the same gear.
- Run will take place on treadmills in the Fitness Center
- First wave starts at 5:30pm sharp
- Athletes must check-in at the cycling studio no later than 30 minutes before the start of their wave
- Winners are determined by special points system
- The final series score will be based on the best 3 finishes out of the 5 events.

