

# JCC indoor TRIATHLON

**Sunday, March 26, 2017**

**Start Time 8:30am**

RACE PACKET INCLUDES:

Wicket Shirt, Swim Cap

JCC Guest Pass and much more!

Challenge yourself.  
We'll help you  
achieve your goals.

Sponsored by



Louis S. Work  
The William and Mildred Levine Building  
1200 Edgewood Avenue | Rochester, NY 14618  
jccrochester.org

**Sunday, March 26, 2017**

JCC

# indoor TRIATHLON



## THE RACE

Consists of 3 disciplines of 15 minutes each of swimming, biking, then running. Winners are determined by the greatest cumulative distance covered. (Please see rules sheet for complete event guidelines). There is a 5 minute transition period after each discipline.

### LOCATION:

Louis S. Wolk Jewish Community Center of Greater Rochester  
The William and Mildred Levine Building  
1200 Edgewood Avenue, Rochester NY, 14618

#### Pick up Race Packet:

Saturday, March 25, 2017: 1–3pm

#### Registration:

- Open registration thru Saturday, March 25
- Last minute registration on day of event, 7:30-8:00am based on available space

#### Race begins:

Sunday, March 26, 2017: 8:30am

**Please note:** Pre-registered participants will be assigned earlier starting times. Every effort will be made to accommodate all start time requests. Current start times will also be available for those registered at 1pm Friday, March 24, 2017 at [jccrochester.org](http://jccrochester.org).

### ENTRY FEES:

#### On or before Thursday, March 23, 2017

Individual: \$35  
3 Person Team: \$75  
Family: \$75

#### On or after Friday, March 24, 2017

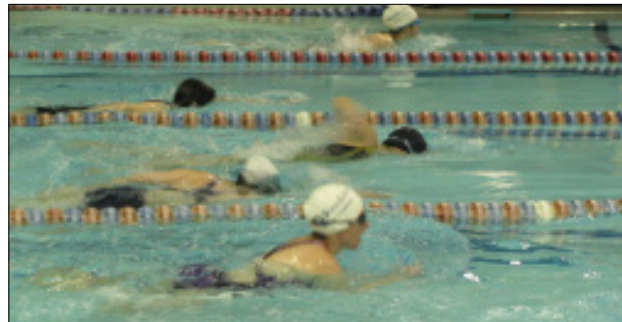
Individual: \$45  
3 Person Team: \$85  
Family: \$85



### AWARDS:

Participants eligible for an award will be given the highest value based on their place of finish. There will be no duplication of awards.

- Overall MALE and FEMALE winner awards include trophy and Grinnell's restaurant gift certificate.
- Overall MALE and FEMALE Masters awards include medal and certificate.
- Age category awards include 1st place medal for MALE and FEMALE.
- All participants receive certificate of completion.
- Age groups: MALE and FEMALE: 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+



Download a registration form online at  
[jccrochester.org](http://jccrochester.org)

For more information contact: Brian Dengler  
(585) 461-2000, ext. 248 | [bdengler@jccrochester.org](mailto:bdengler@jccrochester.org)

## RACE ENTRY FORM

Sign up for:	AGE	PRICE
<input type="checkbox"/> INDIVIDUAL on/before 3/23	_____	\$35
<input type="checkbox"/> INDIVIDUAL on 3/24 or after	_____	\$45
<input type="checkbox"/> TEAM on/before 3/23	_____	\$75
<input type="checkbox"/> TEAM on 3/24 or after	_____	\$85
<input type="checkbox"/> 2nd TEAM Member	_____	\$00
<input type="checkbox"/> 3rd TEAM Member	_____	\$00
<input type="checkbox"/> Male <input type="checkbox"/> Female	Total: _____	

Please note that if signing up for a "Team" or "Family", each participant must fill out their own registration form, indicating a 2nd or 3rd participant. Please also identify the "Team" or "Family" name below.

Name \_\_\_\_\_

Address \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

#### Method of Payment

- Visa       MasterCard       Cash (in person only)  
 American Express       Check

signature \_\_\_\_\_

credit card# \_\_\_\_\_ exp. date \_\_\_\_\_

The JCC reserves the right to limit entries prior to the event based on availability. Early registration is encouraged.

By participating in the JCC Ultimate Challenge Indoor Triathlon, you waive all claims against the JCC and its sponsors. You acknowledge the recommendation to contact your health care provider to ensure that you are in proper physical condition to participate in this event. You also give permission to the media and the JCC to use your name and/or picture in connection with this event.

