

9th Annual

# SHAMROCK 360

## INDOOR TRIATHLON

SWIM, BIKE, RUN  
10min. 30min. 20min.



*Join us at HealthPoint Fitness-Cape for the 9<sup>th</sup> Annual Shamrock 360 Indoor Triathlon. Performance of this event is measured by the total distance covered in the time allowed. The more distance you cover, the higher your score! "TRI" it! Put yourself to the test and sign-up TODAY for this exciting event!*

  
**Southeast**  
HealthPoint  
Fitness

# MARCH 24 , 2018

**SWIM:** 10 min. — First wave of 4 participants begins at 8a.m. in the Lap pool. 50 yds. = 1 lap. Any stroke permitted. There will be a 10 min. transition period between swim & bike. 10 laps = 100 points

**BIKE:** 30 min. — Bike will start in cycle room promptly according to transition times on stationary bikes. You are responsible for adjusting your own resistance. 10 miles = 100 points

**RUN:** 20 min. — Run will take place on treadmills. There will be a 5 min. transition period between bike & run. You will have the ability to adjust both elevation & speed as you wish. 3 miles = 100 points

Visit our website: [sehealth.org/wellness/fitness](http://sehealth.org/wellness/fitness)





# SHAMROCK 360

## INDOOR TRIATHLON

Are you looking to for a new way to challenge yourself this new year? Do you have interest in competing in your first triathlon or are you a veteran triathlete looking for a fun challenge in the off-season? Whatever your goals may be, this indoor triathlon is for you! Join us at HealthPoint Fitness for an exciting swim, bike and run event! The first wave begins at 8:00 a.m. A new wave begins every 15 min. Each participant will select a preferred start time during registration. Start times will be awarded on a first come, first serve basis. Please arrive 15-20 minutes prior to your designated start time on the day of the race. Awards will take place after the last wave finishes. Drinks, sandwich's and snacks will be provided throughout the day.

### Location—Mail registration & payment:

HealthPoint Fitness                      Fax: (573) 339-7125  
 2126 Independence St.                Phone: (573) 986-4468  
 Cape Girardeau, MO 63701        E-mail: amoeckel@sehealth.org

\*If your registration is completed online, mailed or faxed, please contact us to schedule your start/wave time.

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sex: M F Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

T-shirt size: S M L XL 2XL 1st Triathlon: \_\_\_\_ Yes \_\_\_\_ No

If on a team, please check which event you will be participating in. All three participants must have their registration turned in together before the team can be assigned a wave time.

( ) Swim ( ) Bike ( ) Run Please list last names of other teammates:

\_\_\_\_\_

**Waiver:** In acceptance of my entry, I attest that I am in proper physical condition to participate in this event. I release for myself and my heirs, Southeast HealthPoint Fitness, all sponsors and volunteers, from all claims, demands, liabilities, damages and causes of action, of any nature, arising from my participation. I authorize SEHealth to use photographs for publicity. **Participants under age 14 must be accompanied by an adult at all times during the race.**

\_\_\_\_\_

**Signature** (Parent or guardian must sign for participant under 18)

**Date**



**EARLY REGISTRATION:**

\$25 PER PERSON

\$60 PER TEAM

\*SHIRT SIZE NOT GUARANTEED AFTER MARCH 10

**LATE REGISTRATION:**

(After March 20)

\$30 PER PERSON

\$75 PER TEAM

\*Payment required at time of sign up. Fees are non-refundable & non-transferable.

\*Space is limited, sign-up early.