

0.25 mile pool swim • 14 mile bike • 3 mile run

JALC TRI-FESTA

SATURDAY, MAY 26TH, 2018 • 8:00 AM

Pre-Race Meeting:
7:45 a.m.
CHEC Poolside

Race Time:
8:00 a.m.

Pizza:
10:30 a.m.

Awards:
Prizes, T-shirts,
and Free Food

Event Ends:
12:00 p.m.

Great venue and course for first-time triathlon participants!

EVENT: John A. Logan College, Carterville

REGISTRATION: 6:00 a.m. – CHEC Lobby

AWARDS: Trophies for overall winners and heavy medals 1st - 3rd place in each age group and 1st and 2nd place in the team categories

COST: INDIVIDUAL: \$50 /TEAM OF 2 OR 3: \$100

REGISTRATION:

Online at: getmeregistered.com
ONLINE REGISTRATION CLOSES MAY 13TH

Mail to: John A. Logan College,
700 Logan College Road,
Carterville, IL, 62918
Attention: Gretchen Kohlhaas

Drop at: JALC CHEC – BLDG. J

INFORMATION:

Call Gretchen Kohlhaas at 618-985-2828, Ext. 8502
Must be registered by May 13th for guaranteed T-shirt.

T-SHIRT (ADULT SIZES):

SM MD LG XLG XXLG

CATEGORIES:

Individual Male Individual Female
 Team Male/Male Team Female/Female
 Co-Ed Team Para-Athlete

AWARDS:

Para-Athlete - Top Three
9-14yrs, 15-19yrs, 20-24yrs, 25-29yrs,
30-34yrs, 35-39yrs, 40-44yrs, 45-49yrs,
50-54yrs, 55-59yrs, 60+

Name _____ Age _____

(print legibly) **ALL ADULTS MUST SIGN RELEASE BELOW**

City _____ State _____ Zip _____ Phone (____) _____

I hereby release John A. Logan College, all race sponsors, race officials and workers involved, from responsibility for any damages or injuries incurred during or arising out of participation in the **JALC Tri-Festa Triathlon** and further state that I have trained for and am physically competent to participate in a race of this distance.

Signature of participant or parent/guardian if under 18 years of age (REQUIRED)

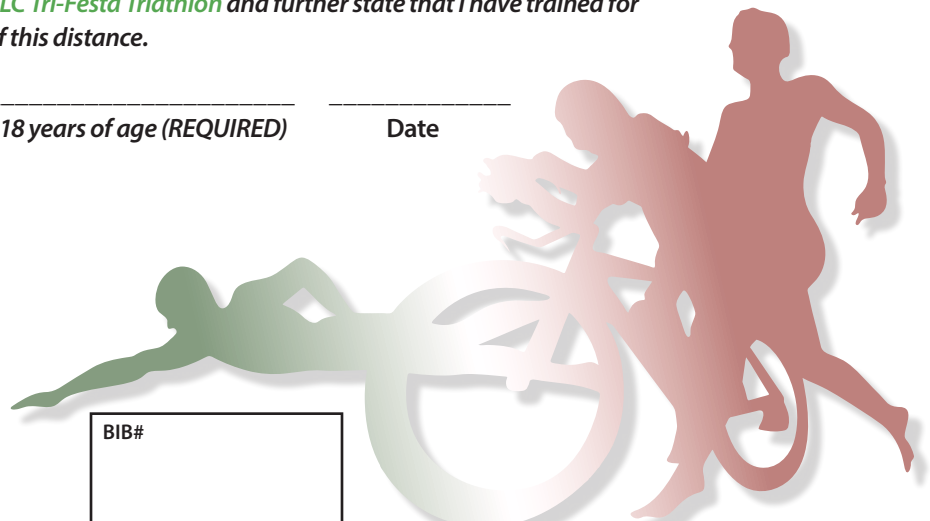
Date



MEMORIAL DAY WEEKEND



DOWNTOWN HERRIN, IL



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