

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

JALC TRI-FESTA



SATURDAY, MAY 23RD, 2020 • 8:00 AM

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

Race Time:
8:00 a.m.

Food
Following Race

Awards:
T-shirt, 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: 6:30 a.m. – Tent in Parking Lot

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 10TH

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 10th 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 _____ (print legibly) ALL ADULTS MUST SIGN RELEASE BELOW _____ DOB _____

Address _____ 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 _____



BIB# _____