

MARCH MADNESS

INDOOR TRIATHLON

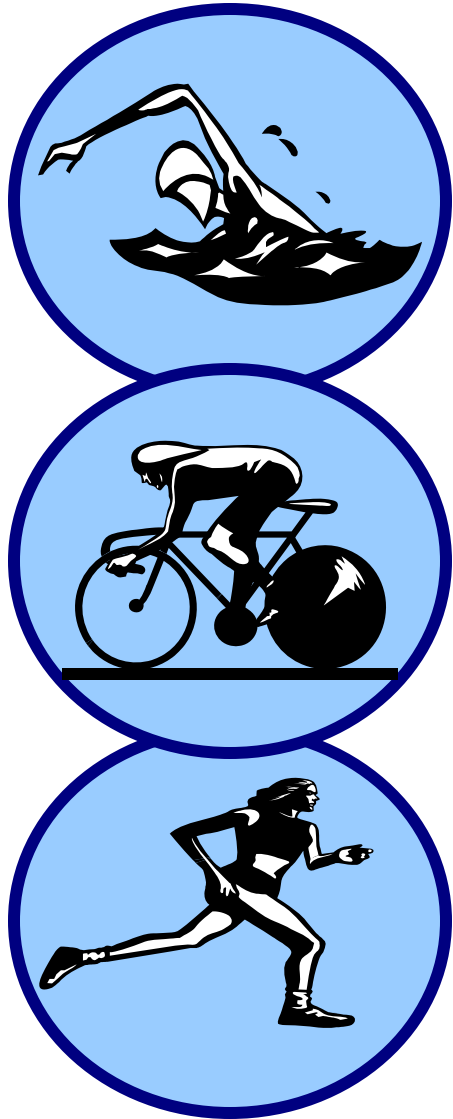
**SATURDAY
MARCH 19, 2011
7:00AM**

SWIM! BIKE! RUN!

¼ Mile 7 Miles 2 Miles

 **Aurora Wellness Center®**

Aurora Wellness Center
300 McCanna Parkway
Burlington, WI 53105
(262) 767-7000



Aurora Wellness Center proudly presents the 12th annual March Madness Indoor Triathlon. Individual and team entries are welcome. This mini-triathlon is perfect for the seasoned athlete or first time triathlete.

Race Format

The triathletes will begin the triathlon with the ¼-mile serpentine swim, followed by the 7-mile bike (upright or recumbent) on the gymnasium floor. The 2-mile run will conclude the event on our track (1/11-mile).

Entry Includes

- π Full color race T-shirt
- π Post-race refreshments
- π Overall male, female, team, and age group awards

Registration

Mail or drop off entries to Aurora Wellness Center, 300 McCanna Parkway, Burlington, Wisconsin 53105; or register on-line at www.active.com. Registrations will be accepted by submitting your completed entry form along with payment. Phone or fax registrations will not be accepted.

Registration closes at midnight on Wednesday, March 16, or when 60 individual and/or team entries are received. Race day registration will **not** be available.

Check-In

Check-in will be located at the AWC Service Desk on race day. Participants must check-in at least 30-minutes prior to the start of their wave. Participants will be notified of their start time via e-mail and/or phone no later than Thursday, March 17 at 8:00pm. The first wave begins at 7:00am with additional waves scheduled every 40-minutes thereafter. Triathlon briefing will be held poolside 10-minutes before each wave start.

Awards and Results

Awards will be given to the overall top male, female, and team, as well as the top three men and women in the following age categories: Men 19 and under, Men 20-29, Men 30-39, Men 40-49, Men 50-59, Men 60+, Women 19 and under, Women 20-29, Women 30-39, Women 40-49, Women 50-59, Women 60+. Awards will be announced immediately following the race.

Complete race results will be posted at the Aurora Wellness Center following the race. Results will also be posted at www.aurora.org/AWC within 14 days of race completion. Results will **not** be mailed to race participants.

Facilities

Showers and dressing rooms are located at the Aurora Wellness Center. Race participants will have access to the boys' and girls' competitive locker rooms located on the lower level. Participants are required to bring their own towels.

Restrictions & Safety

Outside assistance is not permitted during any portion of the race. Buoyancy suits, fins, and/or snorkels are not allowed. Swim caps may be worn, but are not required.

First Aid will be available to those who need it. On race day, the pool, gymnasium, and track will be closed to those not participating in the triathlon to avoid confusion and possible injury.

Official Entry Form

PLEASE PRINT * COPIES ACCEPTED * A SEPARATE, SIGNED ENTRY FORM IS NEEDED FOR EACH REGISTRANT.
* TEAM ENTRIES MUST BE SUBMITTED TOGETHER * SORRY, NO REFUNDS OR TRANSFERS

Last Name		First Name		Initial
Mailing Address				
City, State, Zip				
Daytime Phone		Evening Phone		
E-mail Address				
AWC Card Number		Gender		
Date of Birth		Age as of March 19, 2011		

Waiver ~ Must be signed to enter
I, _____
do hereby acknowledge that I am aware of the dangers inherent in any sports related activity, including the Aurora Wellness Center's March Madness Indoor Triathlon. I hereby for myself, my heirs and my assigns, waive any and all claims to damages I may have against the Aurora Wellness Center, its owners and affiliates, employees, instructors, trainers, volunteers, and agents for any and all injuries suffered by me while participating in this program. I have fully read this form and fully understand that by signing this form, I am giving up certain legal rights and or remedies.
I also agree to grant permission to any and all of the foregoing to use any photographs, videotapes, recordings, or any other record of this event for publicity and/or promotional purposes.

Signature _____ Date _____
Parent's signature required if entrant is under 18 years of age.

Entry Fees, Pre-Registration:
Registrations received **before** Friday, March 4 at 12 noon.
AWC Members/Non-Members/Team: \$25/\$35/\$55

Entry Fees, After Pre-Registration Date:
Registrations received **after** Friday, March 4 at 12 noon.
Registration closes at midnight on Wednesday, March 16, or when 60 entries are received. Race day registration will **not** be available!
AWC Members/Non-Members/Team: \$30/\$40/\$60

Online Registration:



Make Checks Payable To:
Aurora Wellness Center

Mail Registration & Payment To:
Aurora Wellness Center
Attn: March Madness Indoor Triathlon
300 McCanna Parkway
Burlington, WI 53105

Swim Time: IMPORTANT

PLEASE INDICATE YOUR ESTIMATED SWIM TIME FOR 400 YARDS (16 LENGTHS). THIS INFORMATION WILL ASSIST IN LANE ASSIGNMENTS.
_____ MINUTES, AND _____ SECONDS
Accurate swim times ensure appropriate race position.

T-shirt Size (check one):

- T-SHIRTS ARE 50/50 BLEND - ADULT SIZES
- Small
 - Medium
 - Large
 - X-Large
 - XX-Large (add \$1.00)

Official Use Only:

Amount Paid _____
Method of Payment _____
Date of Payment _____
Initials _____
Race # _____