

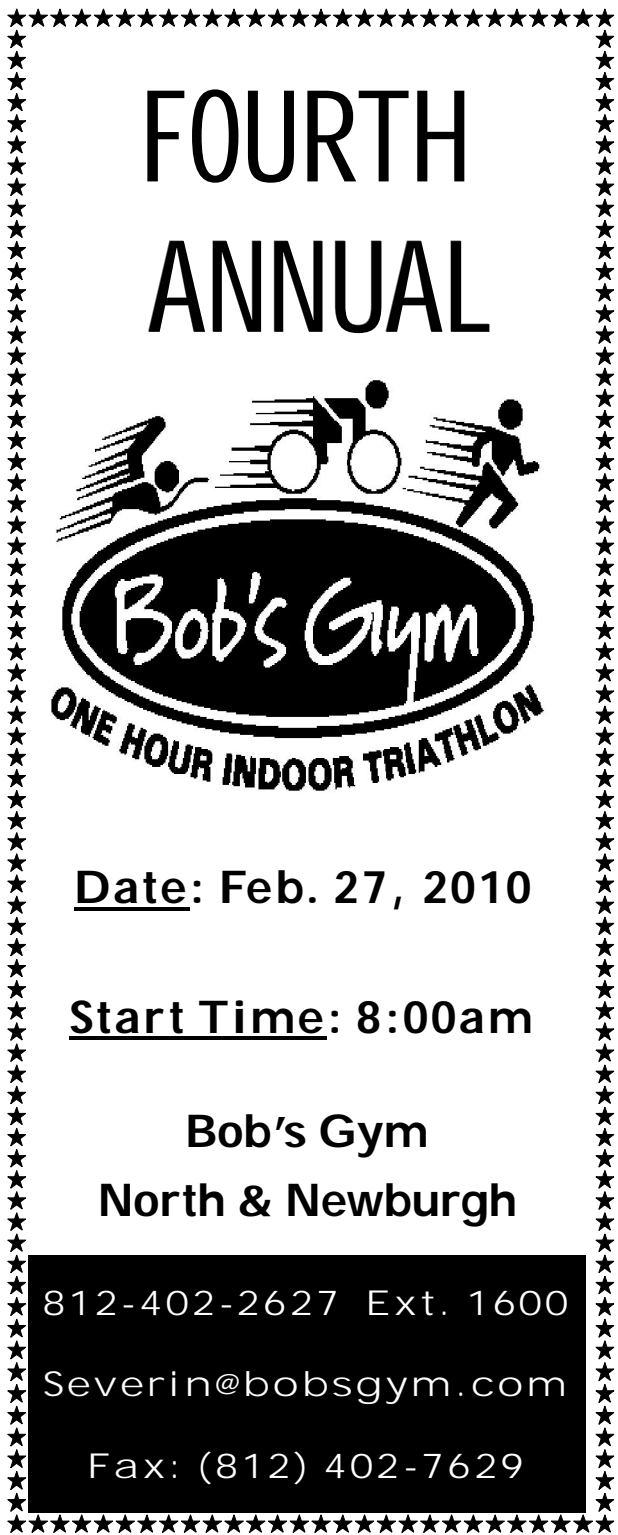
Online registration is also available at www.Active.com

Bob's Gym members receive free swim lesson with entry!

Contact Severin for details about free swim lesson.

Bob's Gym North
Attn: Severin Birchler
8700 North Kentucky Ave.
Evansville, IN 47725

Phone: (812) 402-2627 ext. 1600
Fax: (812) 402-7629
E-mail: Severin@bobsgym.com



FOURTH ANNUAL



Date: Feb. 27, 2010

Start Time: 8:00am

**Bob's Gym
North & Newburgh**

812-402-2627 Ext. 1600

Severin@bobsgym.com

Fax: (812) 402-7629

One Hour Indoor Triathlon

Swim

15 Minutes
25 meter pool.



10 Minutes Rest/Transition

Bike

15 Minutes
Stationary Bike



5 Minutes Rest/Transition

Run

15 Minutes
Treadmill



- ◆ This triathlon takes all competitors just one hour no matter how fast they are!
- ◆ You receive a score based on the distance you complete, rather than racing for the best time.

Race Day

- ◆ Saturday, Feb. 27, 2010

Start Time

- ◆ First wave starts at 8:00am, a new wave will start every 15 - 20 minutes.

Wave assignment

- ◆ You will choose your wave assignment when you check-in, first come first serve.

Check - in

- ◆ Advanced check-in opens Feb. 19 2:00pm
- ◆ Advanced check-in is preferred; call or stop by Bob's Gym North or Newburgh to check-in. (check-in to the location at which you are racing)
- ◆ Day of event check-in is available, however choice of wave assignment will be limited!

Awards

- ◆ Individual Male: 1st-6th
- ◆ Individual Female: 1st - 6th
- ◆ All entries receive a T-shirt & Goody Bag!
- ◆ Results will be posted shortly after the event has finished at both locations. Awards may be picked up at your convenience.

Additional Information

- ◆ It is recommended you arrive at least a 1/2 hour prior to the start of your wave. Note that wave start times are approximate & may vary as much as 10 to 20 minutes.
- ◆ **Entry form & payment must be received by 02/18/10.** Entries received after this date may or may not be accepted according to wave assignment limitations. Entries are limited to the first 75 participants per location (150 total). Entries will be accepted in the order they are received.

Bob's Gym Fourth Annual Indoor Triathlon Entry Form

Individual Scoring:

- Score is based on the distance traveled within the designated time for each leg of the triathlon.
- The competitor who travels the greatest distance in a particular leg receives 100 points for that leg.
- All other competitors will receive a percentage of those points based on their distance traveled in that leg.
- Each leg of the race counts equally towards the total score.

Example: John swims the furthest distance, 800 meters; John receives 100 points. Adam swims 700 meters; $700 \div 800 = .875 \times 100 = 87.5$; Adam receives 87.5 points. Swim + Bike + Run = total score

Rules and Regulations

Swim:

- Swimmers must begin the race in the water with one or more body parts in contact with the starting end of the pool.
- Swimmers must remain in the pool for the duration of the swim.
- The use of any artificial propulsion and/or flotation device is prohibited; including, but not limited to fins, hand paddles, water gloves, kickboards, pull buoys, and snorkels.
- With the exception of the end walls; no inanimate object (lane ropes, sides of pool, pool bottom) may be used to aid in forward progress at anytime. Failure to adhere to this regulation will result in a warning and 100 meter penalty after the first offense and disqualification after the second. (This means you can not walk or jump off of the bottom of the pool.)
- Swimmers must continue in the same forward direction until they have made contact with the end wall. (You can not turn around until you have completed a full pool length.)
- Distance covered & amount of time will be kept by event officials, all other time keeping and/or distance measurements are null & void.

Bike:

- Riders must remain on the bike for the duration of the biking leg.
- Shoes, shirt, and shorts/pants must be worn at all times during the biking leg.
- Riders may get on the bike prior to the start, but can not begin to pedal until the start signal is given.
- Late arrival for the start of this leg will result in a penalty of time lost.
- Distance covered & amount of time will be kept by event officials, all other time keeping and/or distance measurements are null & void.

Run:

- Runners must remain on the treadmill for the duration of the run.
- Shoes, shirt, and shorts/pants must be worn at all times during the running leg.
- Runners may get on the treadmill prior to the start, but can not begin running until the start signal is given.
- Late arrival for the start of this leg will result in a penalty of time lost.
- Distance covered & amount of time will be kept by event officials, all other time keeping and/or distance measurements are null & void.

Transitions:

- All changing of clothes must take place inside the locker rooms.
- Participants must not attempt to disrupt or impede the transition of another competitor in any way.
- Failure to appear to the next leg of the race with in the transition time limits will result in a penalty of time lost for that leg, failure to appear to any one or more legs of the race will result in disqualification.

All participants must conduct themselves with in the guidelines of "good sportsmanship" and in accordance with the rules and regulations listed above. Competitors must follow any and all instructions given by event officials. Except where an alternative penalty is listed; any violations will result in disqualification. Any and all judgments/rulings made by event officials are final and may not be disputed.

First Name	Last Name	Age
Address		
City	State	Zip
Phone	E-mail	

Sign up for: Male Female

Early Registration \$25
(Member & Non-Member Entries Prior to 01/01/10)

Bob's Gym Member \$30
(Member entering on or after 01/01/10)

Non-member \$35
(Non-member entering on or after 01/01/10)

Check Payment Method Below

Check (made payable to Bob's Gym) Visa MasterCard American Express

Credit Card # _____ Exp. date _____

Signature _____

Choose Participating Location

Bob's Gym North Side
8700 N. Kentucky Ave, Evansville, IN 47725

Both locations are considered the same race & are scored together.

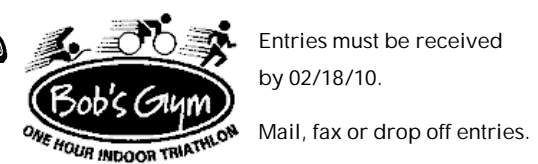
Bob's Gym Newburgh
8120 High Pointe Dr, Newburgh, IN 47630

Entries may be turned in at any Bob's Gym location.

WAIVER: I know that participating in a triathlon is a potentially dangerous and hazardous activity. I should not participate unless I am medically able and properly trained. I assume any and all risks associated with participating in this event including but not limited to falls, drowning, contact with other participants, effects of the weather, the condition of the course and equipment being used; all such risks being known and appreciated by me knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrator or any one who might claim in my behalf, covenant not to sue, and waiver release and discharge Bob's Gym, all race sponsors, race officials, volunteers, and participants of any and all claims of liability for death, personal injury and/or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event. This release and waiver extends to all claims of every kind or nature whatsoever, for reasons foreseen or unforeseen known or unknown. The undersigned waiver grants full permissions to all sponsors and/or agents by them to use my photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Application for minors will be accepted only with parent's signature.

PARTICIPANT SIGNATURE

PARENT/GUARDIAN SIGNATURE IF PARTICIPANT IS UNDER 18



The One Hour Race Bob's Gym North 8700 North Kentucky Ave. Evansville, IN 47725	The One Hour Race Bob's Gym Newburgh 8120 High Pointe Dr. Newburgh, IN 47630
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Please check this box if you **do not** wish to receive information about next year's event.