

1ST ANNUAL

VIRTUAL TRIATHLON 2010

MARCH 1—31ST



TRI ANYTIME. TRI ANYWHERE.

Participate in a **NATIONWIDE** Event!

Hosted by *YMCA Indy Swimfit, Indianapolis, Indiana*

PRIZE
DRAWINGS!

20 Minute Swim

20 Minute Bike

20 Minute Run

AGE GROUP
AWARDS!

Unlimited Chances To **TRI** Your **BEST** !

The challenge is up to you! Each segment of the triathlon (swim, bike, or run) can be completed on separate occasions or consecutively at the location of your choice. The Bike and Run can be completed on stationary equipment or the road. Try any segment **as many times as you like** throughout the month of March to achieve your **BEST TRI** Distance!

Event Information/Registration

Online: www.indyswimfit.com **or**

By mail: Complete the form on the back side.

Event Fee: \$12

REGISTER EARLY
starting Feb 1st!

Indy
Swimfit

KAST-a-way
SWIMWEAR 

 **the
RUNNERS
FORUM**
The run, walk, and triathlon experts since 1978.

A new TRI challenge rated “A” for Anyone, Anytime, Anywhere!

YMCA Indy Swimfit is excited to offer enthusiasts of all ages and abilities an opportunity to TRI at your own convenience during the month of March 2010. Complete a 20 minute swim, 20 minute bike, and 20 minute run on separate occasions or consecutively. There are NO LIMITS to how many times you TRI. You can bike and run on stationary equipment or on the road. Log your distances in the table below each time. Determine your best distance for each segment. Enter Your BEST TRI distance online www.indyswimfit.com or submit this form by mail as indicated below.

DATE	20 minute SWIM (yds or mtrs)	20 minute BIKE (miles)	20 minute RUN (miles)
YOUR BEST TRI DISTANCE			

To Register (Available starting Feb 1st)

Go to indyswimfit.com **OR** mail in this completed form with enclosed payment to:

Michelle C Harter
Virtual Tri
2303 Willowview Cir.
Indianapolis, IN 46239

REGISTER EARLY!

TRI your BEST
all through March. Enter by
MARCH 31st, 12 midnight EST!

First and Last Name _____

Mailing Address _____

Email Address _____

DOB _____ (Age group determined by date entry submitted) Gender _____

Phone: _____ Event Fee: \$12 (Enclosed-Checks made payable to *Indy Swimfit*)

Important Entry Instructions

Once you have achieved your best swim, bike, and run distance, submit your entry online www.indyswimfit.com or by mail. Be sure to indicate the following:

- Best swim result in yards or meters (Circle one). Based on completed lengths of the pool only.
- Best bike completed on Stationary or Road (Circle one). Enter distance up to the nearest hundredth in miles.
- Best run completed on Treadmill or Track/Road (Circle one). Enter the distance up to the nearest hundredth in miles.

Questions? Email mharter@comcast.net