



# SAINT JOSEPH COLLEGE INDOOR SPRINT TRIATHLON



SWIM



BIKE



RUN

**SUNDAY, FEBRUARY 12, 2012, 9:00 A.M.**

*Celebrate the 40th Anniversary of Title IX*

## A BIG THANKS TO...



**Fitness Continuum** for providing the indoor bikes and instructors who will guide everyone through the "bike" portion of the triathlon.



**Newington Bicycle** for all their assistance in the transport and set-up of the indoor cycling stage. They will be on hand to "talk bikes" and answer any questions.



**Big Y Supermarkets** for supplying nutritious refreshments.



**Select Physical Therapy** for providing complimentary injury assessments & lower extremity screenings.



**Market Square Wellness Center** and the **American Massage Therapy Association** for providing complimentary massages.

As part of Saint Joseph College's celebration of National Girls and Women in Sports Day, women of all ages and sizes can participate in this indoor triathlon. A great opportunity for beginners to learn what it takes to do a triathlon in a safe, indoor space!

### Event Information:

This event will all take place indoors at the O'Connell Center and will consist of:

- ▶ 20 minute pool swim
- ▶ 20 minute guided indoor bike ride using Cyclops bikes that calculate distance
- ▶ 20 minute indoor track run (14 laps to a mile).

Results will be calculated by distance traveled during the set allotted time in all three legs.

### Registration:

*\*New for 2012\**

Due to demand, a lottery will determine the 96 participants. Your form must be postmarked by January 21.

**Fee:** \$25 (\$15 for SJC staff and SJC relays only, \$10 for students.)

Go to **TeamTrainingNE.com** to download an application and learn more about the lottery.

Still have questions?

**Email:** [dfiske@sjc.edu](mailto:dfiske@sjc.edu)

**Phone:** 860-231-5423

Organized in collaboration with:

