



# 2016 Romig Triathlon

- 250 YARD SWIM
- 5 MILE BIKE
- 1.5 MILE RUN

Friday May 13th  
3:00-5:30

- REGISTER AS AN INDIVIDUAL OR AS A TEAM MUST BE 10 YEARS OR OLDER
- REGISTRATION DEADLINE WEDNESDAY MAY 11<sup>TH</sup>
- TURN IN COMPLETED REGISTRATION FORMS TO MRS. HOPKINS.

## INDIVIDUAL REGISTRATION FORM

### Individual:

Name: \_\_\_\_\_

### Check below:

Student \_\_\_\_\_

Adult \_\_\_\_\_

Female \_\_\_\_\_

Male \_\_\_\_\_

Age \_\_\_\_\_

\$15.00 entry fee: \_\_\_\_\_

T-shirt size: s m l xl

Waiver release: I will not hold Romig Middle School or it's employees liable for injuries incurred during my child's participation in this event. I hereby consent to emergency medical treatment necessary for the immediate welfare of my child, by a qualified physician or nurse, and/or hospital, in the event of injury or illness during participation in the Romig Triathlon.

Parent signature: \_\_\_\_\_

EMERGENCY # \_\_\_\_\_

### Team Registration Form:

(all team members submit their own form. Please submit all 3 forms together with payment)

Swimmer \_\_\_\_\_

T-shirt size: s m l xl

Runner \_\_\_\_\_

T-shirt size: s m l xl

Biker \_\_\_\_\_

T-shirt size: s m l xl

\$45.00 entry fee: \_\_\_\_\_

Waiver release: I will not hold Romig Middle School or it's employees liable for injuries incurred during my child's participation in this event. I hereby consent to emergency medical treatment necessary for the immediate welfare of my child, by a qualified physician or nurse, and/or hospital, in the event of injury or illness during participation in the Romig Triathlon.

Participant Name: \_\_\_\_\_

Parent signature: \_\_\_\_\_

EMERGENCY # \_\_\_\_\_

## Triathlon Instructions

**Bib numbers will be given out in the MPR the day of the triathlon. All participants MUST check in after school in the Romig MPR by 3:00pm on the day of the triathlon. Swimmers will have their numbers written on their arms and calf at lunch during the day or in the MPR afterschool.**

**\*\* All swimmers will be walked over to the West High Pool from the Romig MPR around 3:15.\*\***

### Individual Triathletes:

1. Check your bike into the bike staging area (The Overlook) in numerical order before going to the pool.
2. Check in at the pool and wait in numerical order for your turn to swim. **(5 laps – 250 yards)**
3. Exit the pool, transition in the locker room (shirt with bib # on) and safely run to the bike staging area.
4. **(BIKE - 5 miles)** Find your bike staged in numerical order. You must wear a helmet as you race!
5. Ride west on Hillcrest in the bike lane on the right side of the street; turn right down Forest Park to the bike trail. **Be sure to stay on the right side of the road and watch for traffic on the way down the hill!!! Be careful turning left onto the coastal trail at the bridge. Parents/teachers will be posted along the way to direct you.** Ride on the right side of the bike trail past Lynn Ary Park, to the two benches before Earthquake Park Hill. There will be an adult at the turn-around with a sign. Go around the turn-around, and head back the way you came, staying on the right side of the trail the entire way. When you get to the top of Forest Park, stay on the right as you cross the street. Ride on the right side of the street in the bike lane on Hillcrest back to the transition area.
6. Leave bike and helmet with handlers and run around Westchester Lagoon counter-clockwise.
7. **(RUN -- 1.5 miles)** Finished!

The transition time is included in the overall time. You may leave your helmet on your bike and put it on when you reach your bike, or you may leave it in the locker room with whatever clothes you are putting on, and put on before you reach your bike.

### Team Triathletes:

1. **Swimmer**– report to the pool in numerical order. When finished with the 5 laps, you will tag the biker at the West High Overlook.
2. **Biker** – check your bike into the staging area (The Overlook) and wait outside the pool doors to get tagged by your swimmer. Run to your bike and follow the same bike route as the individual triathletes.
3. **Runner** – run counter clockwise around Westchester Lagoon.

**Good Luck, Be Safe, & Have Fun!!!!**