



Hocking College Indoor Triathlon Entry Form

Saturday, November 16th, 2013

"Open to the Public"

Hocking College Fitness Management Class of 2014 would like to invite you to our 2nd annual Indoor Triathlon on **Saturday, November 16th in the Hocking College Student Center**. This indoor event will include a 20 minute swim, 20 minutes of cycling (stationary bike), and a 20 minute run on a treadmill. Results are based on total distance traveled in the allotted time. Deluxe Ribbons are given to the top three placers (male and female) in each age group. High quality Medals are given to the top three overall winners (male and female). Age groups determined after the registration deadline date to ensure equal distribution of groups. First Heat starts at 0800 am with new heats every 30-minutes until done.

All participants who register before or on Monday, October 21 will receive a **Free T-shirt**

Hocking College Student/Alumni/ Staff **Fee: \$15.00**

Non-students **Fee: \$20.00**

T-shirt Size: (Please circle) **Adult Small** **Adult Medium** **Adult Large** **Adult XL** **Adult XXL**

Are you a Hocking College Student/Alumni/Staff? (Please circle) **Yes** or **No**

Name _____ **Male or Female** / **Age** _____ **Phone** _____
(Please circle)

Address _____

City _____ **State** _____ **Zip** _____

E-mail Address (required for heat start time verification): _____

Please complete the Hocking College Release, Waiver, & Indemnity on the back side

Payment: Cash (preferred) or money order. **No checks.**

Money order payable to: Hocking College Fitness Management: c/o Bill Finnearty

Mail To: Hocking College, ATTN: Bill Finnearty (Student Center), 3301 Hocking Parkway,
Nelsonville, OH 45764

Must be postmark no later than: October 19th, 2013 to guarantee a T-shirt

Hocking College Indoor Triathlon 2013 Receipt (staff only below this point)

Name _____

3301 Hocking Parkway
Student Center
Nelsonville, OH 45764
shellt@hocking.edu
(740) 753-6533

Paid for entry fee \$ _____ **cash/money order** **Staff Signature** _____

