



13th Annual
Fruit at the Finish Triathlon
Saturday, April 26, 2008

SPONSORED BY:

Outdoor Leadership Center - OLC

Peer Resource Program - PRP

St. John's Health Initiative - SJHI

CSB Campus Recreation

St. John's Arboretum

NUTRITION WORKSHOP & DINNER

Questions? Contact ajspooner@csbsju.edu

- **Nutrition Workshop** - Thursday, April 17 @ 7:00 p.m., Mary Hall 8, SJU
- **Pasta Feed** - Thursday, April 24 @ 5-7 p.m., Program @ 6 p.m., in the Walter Reger Room, SJU Refectory

TRAINING SCHEDULE

Swim

Questions? Contact Megan Crain @ mlcrain@csbsju.edu

- April 3, Thursday: CSB Pool @ 8:30 – 9:30 p.m.
- April 8, Tuesday: SJU Pool @ 8 or 9:30 p.m. [watch e-mail] (e.g., turns in the pool)

Bike

Questions? Contact Ted LaFrance @ tglafrance@csbsju.edu

- April 9, Wednesday: Bike Maintenance/Riding Positions/Turning, OLC @ 7:30 p.m.
- April 12, Saturday: Ride the Course/Tips on Race Riding, OLC @ noon

Run

Questions? Contact Kate Westlund khwestlund@csbsju.edu

- March 30, Sunday: Run the course, OLC @ 4:00 p.m.
- April 6, Sunday: Run the course, OLC @ 4:00 p.m.

SWIM LEVELS

Beginner: An individual who understands the basics of swimming and feels comfortable in the water

Intermediate: An individual who is a recreational swimmer

Advanced: An individual who enjoys swimming at a competitive level

POLICIES & INFORMATION

- Registration fee includes 100% organic cotton t-shirt & food!
Early-bird registration fee is \$17 [thru April 4th @ 4:30pm]
Registration fee is \$20 [April 7th thru April 23rd]
Student registration deadline is April 23th @ 4:30pm
Day-of-registration is for non-students and alums ONLY
Must register by April 9th to guarantee t-shirt and size.
- The triathlon can be done individually or in teams of three. Participants competing individually can not compete on a team or contribute an event time to a team. Teams must be three separate individuals.
- Check-in times are as follows:
 - Individual males = 6:15-6:45 a.m.
 - Individual females = 7:15-7:45 a.m.
 - Teams = 8:15-8:45 a.m.
 - First individual male heat starts @ 7:00 a.m.
- Participants will receive their 100% organic cotton t-shirt at check-in. Race numbers will be marked on participants during check-in.
- Participants are responsible for familiarizing themselves with bike and run maps. The course will be well marked, but participants need to be familiar with it beforehand. View maps at:
<http://www.csbsju.edu/prp/triathlon/berrythecompetition.htm>
- Prizes will be awarded to the top male and female individuals and the top male, female, and co-ed teams.
- Participants must have registered and submitted a completed waiver form by April 23, 4:30 p.m., Mary Hall 10. Those without completed waiver forms will not be allowed to participate.
- **Cancelation/Refund Policy:** To cancel and obtain a refund, participants need to cancel by **Wednesday, April 23rd** @ 4:30pm. Participants **must** cancel through the PPDC (Mary Hall 10, #3236). Cancellation via other means (e.g., e-mailing the PRP account or calling the OLC) will not be processed. After April 23rd, refunds will not be issued.

EVENT SUMMARY

Swim .75K (15 laps)

- The swim event will take place in the Palaestra pool.
- Goggles will not be provided for swimmers.
**Be sure to mark your swimming ability when you register in the PPDC. (Swim Levels on reverse side)*

Bike 20K

- Bike begins & ends at the bike corral outside of the Palaestra.
- All bikes must be dropped off at the bike corral at or before 6:15 a.m.
- Bike corral will be secure, but we are not responsible for lost or stolen items.
- HELMETS ARE REQUIRED
- Participants are responsible for yielding to traffic.
- Water will be provided near the bike corral.

Run 6K

- Run begins & ends by the bike corral in-front of the Palaestra.
- Participants must stay to the right and are responsible for yielding to traffic.
- A water station will be provided at the beginning, middle, and end of the race.

Event Order

- The order for **individuals** is swim, bike, run
- The order for **teams** is bike, run, swim (the team bike will start at 9:15 a.m.)
Team and Individual events will occur simultaneously

If you have any questions, please contact:

- Tom Allen @ (612) 716-1914, tdallen@csbsju.edu
- Adam Fahrendorf @ #2506, acfahrendorf@csbsju.edu
- OLC @ 3435

***All participants enter at their own risk.**