

14th Annual Fruit at the Finish Triathlon

Saturday, April 25, 2009



SPONSORED BY:

Outdoor Leadership Center – OLC
Peer Resource Program – PRP
CSB Campus Recreation
St. John's Arboretum

- Registration fee includes 100% organic cotton t-shirt, food & prizes!
 - ⊗ Early-bird registration fee is \$20, thru April 3rd @ 4:30pm
 - ⊗ Registration fee is \$25, April 6th thru April 22nd @ 4:30pm
 - ⊗ Day-of-registration is ONLY for non-students and alums; no student registration after 4:30pm on April 22nd including a team with non-students.
 - ⊗ Must register by April 10th to guarantee t-shirt and size.
- Triathlon can be done individually or in teams of three. Individual participants cannot compete on a team or contribute an event time to a team. Teams require 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 a 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/09.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 22, 4:30 p.m., Mary Hall 10. Those without completed waiver forms will not be allowed to participate.

Cancellation/Refund Policy: Participants **must** cancel through the PPDC (Mary Hall 10) by **Wednesday, April 22nd** @ 4:30pm to receive a refund. No cancellation via other means (e.g., e-mailing the PRP account or calling the OLC, etc.) **NO REFUNDS** after April 22nd, even if the Triathlon is cancelled due to weather. Adventure Programs reserves the right to cancel the event at their discretion and in consultation with SJU Life Safety and the Stearns County Sheriff's Department.

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 23K

- 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
- Maia Bentz @ (320) 282-7800, mebentz@csbsju.edu

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

NUTRITION WORKSHOP & DINNER

Questions? Contact Nick Bingham @ npbingham@csbsju.edu

- **Nutrition Workshop** - Wednesday, March 25 @ 7p.m. Mary Hall 08, SJU
- **Pasta Feed** - Thursday, April 23 @ 5-7 p.m., Program @ 6 p.m., in the Walter Reger Room, SJU Refectory

TRAINING SCHEDULE

Swim

Questions? Contact MaryAlice Riemann @ mriemann@csbsju.edu

- March 24, Tuesday: CSB Pool @ 8:30 – 9:30 p.m.
- April 14, Tuesday: SJU Pool @ 8:00 – 9:00 p.m. (e.g., turns in the pool)

Bike

Questions? Contact Ted LaFrance @ tglafrance@csbsju.edu

Meet at the OLC, all clinics start at 4:15pm.

- April 16, Thursday: Course Ride
- April 20, Monday: Bike Maintenance Clinic
- April 21, Tuesday: Course Ride

Run

Questions? Contact Tyler Etheridge, tjetheridge@csbsju.edu

Meet at the OLC, both clinics start at 4:00pm.

- April 1, Wednesday: Run the course
- April 7, Tuesday: Run the course

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