



2011 INDOOR TRIATHLON SERIES

Events

December 19th @ Akron Natatorium
9 am Register, 9:30 am Start

January 9th @ CWRU Recreation Center
9 am Register, 9:30 am Start

February 13th @ Twinsburg Recreation Center
7:30 am Register, 8 am Start

March 20th @ CSU Recreation Center
9am Register, 9:30 Start

Format

20 minute Indoor Pool Swim
20 minute Spinning Bike
20 minute Indoor Run (track or treadmill)

Scoring

Athletes are ranked for each discipline (1st, 2nd, etc). Each ranking is added together for an overall score. The lowest overall score wins (like golf). Everyone receives same bike rank if bikes cannot record distance.

Cost

\$20 per event (CTC Members)
\$25 per event (Non-Members)
\$65 (CTC) / \$85 for whole series
(Twinsburg is a special price: \$15 / \$20)

Series Champ

Overall Series winner will be crowned at the Final Event.

You can also register online via the CTC website:
<http://www.clevetriclub.com/indoor-triathlon-series.html>

Questions? Email: CleveTriClub@Yahoo.com