

# Shrewsbury Rocks! Triathlon Registration Form

Name  
Address  
Emergency Contact  
email address

T Shirt Size  
Food Choice: Burger, Brat, Veggie

Swim level: Beginner, Intermediate, Expert  
Want to swim with a partner? If so, who \_\_\_\_\_

Athletic Ability: Beginner Intermediate, Expert

**Competing as a team?** If so, names

Address  
Emergency Contact  
email address  
T Shirt Sizes

Athletic Ability: Beginner Intermediate, Expert

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**When: Saturday August 15, 2009**  
**Registration 7:00am.....First swim leg 8:00am**

**Where: Start-End Shrewsbury Pool**

**How Much: \$32**

**Distances: Swim: .42 miles (15 laps or 30 lengths)**  
**Bike: 12.7 miles**  
**Run: 3.2 miles**

**Transition Area:** Grassy area in front of Shrewsbury Pool.

**Bike Course:** From transition area East to Metro Link station, South on River Des Peres Trail, Across River Des Peres to Carondolet Park and back to Start.

**Run Course:** (Exact course TBD) From Transition Area east to St. Vincent, south to Weil, west on Weil crossing at DeVille. Take Deville to Hazel west through park. North on Wilshusen to Weil, and Weil back east to St. Vincent, to start.

**Philosophy:** This is a **non-competitive, non-official** event, designed for the first time triathlete, or participant who just wants to have fun with friends. If you want to know your time, bring a watch. **Traffic on the run and bike course will not be blocked.**

**Note:** This event will be limited to the first 75 entrants. We cannot guarantee a T-shirt for checks/ money received after August 1st. Please note T-shirt size on check.

Also, there will be a waiver to sign the day of the event.

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Packets will be available for pickup starting on Monday, August 3rd. All packets should be picked up by Friday August 14th.