CRC Indoor Triathlon
WCU Campus Recreation & Wellness

Campus Recreation & Wellness will be hosting the fifth annual CRC Indoor Triathlon! The Indoor Triathlon is a race consisting of three events: Row (2000 meters), Bike (5 miles), Run (1 mile). Competitors may race as an individual or as a team, having one member complete each leg of the race! You may also compete in both events!

Date: Monday, March 24, 2014
Location: Campus Recreation Center
Time: We will schedule your heat time between 10am - 8pm, and you will receive an email confirming this time.
Cost: FREE! → WCU students & CRC members
$5 → CRC non-members who are eligible for membership
$15→ Buys a shirt for any finisher that does not win his or her event. Winner(s) of each Division will receive a t-shirt free. Shirts will be ordered after the event. Bring your money on Race Day.

Event Registration Details

• You may participate in both the Individual and Team Events. If would like to participate in both events, you must fill out both the Individual Event Registration and Team Event Registration (on back).

• If you would like to participate in both events, you may compete as an individual and apply one of your Individual Event times (for Row, Bike, or Run) to your team. You do not need to do the same event twice. For example, before your individual event, you may indicate that you would like to use your Bike time for your Team Event. When you complete your entire Individual Event, you will have also logged your contribution toward your team time as well. If you choose this option, you must indicate on the Team Registration Form which time from your individual event you would like to use for your Team Event. This must be chosen before you compete in either Event.

• If your team would like to compete together, please place an “X” in corresponding box in the Team Event Registration section. Make sure each member of your team submits the same time slot preferences so we can schedule you together.

• If your team would like to compete at different times during the day, please place an “X” in the corresponding box in the Team Event Registration section to indicate that you are OK with competing at different times, thus completing the different events throughout the day to form a total team time to be determined when your final team member has completed his or her event. If you are using a time from your Individual Event for your Team Event, you will likely be competing at different times during the day.

General Information

Full Name: ____________________________ Age on Race Day: ____ 92#: __________________________

Phone Number: _______________________ Email Address: ________________________________

*Note: We will be emailing you prior to Race Day with your heat time(s). *
Individual Event Registration

Division:  
- Male Student, 21 & Under
- Female Student, 21 & Under
- Male Faculty/Staff
- Male Student, 22 & Over
- Female Student, 22 & Over
- Female Faculty/Staff

Availability:  
- 10:00am-11:00am
- 1:00pm-2:00pm
- 4:00pm-5:00pm
- 7:00pm-8:00pm
- 11:00am-12:00pm
- 2:00pm-3:00pm
- 5:00pm-6:00pm
- 8:00pm-9:00pm
- 12:00pm-1:00pm
- 3:00pm-4:00pm
- 6:00pm-7:00pm

*Note: Place an “X” in the time slots you are available. We will schedule two (2) heats per hour. We will try to accommodate any special requests. *

Team Event Registration

Division:  
- Team – Male
- Team – Female
- Team – Co-Rec

Names of Team Members: #1: ____________________  #2: ____________________

Team Name: ______________________________________

Event I am participating in for my Team:  
- Row
- Bike
- Run

☐ I am competing in both Individual and Team Events and would like to use my Row/Bike/Run time from my Individual Event for my Team Event. I understand that this must be chosen before I compete in either Event.

☐ Our Team would like to compete together  OR  ☐ Our Team would like to compete at different times

Availability:  
- 10:00am-11:00am
- 1:00pm-2:00pm
- 4:00pm-5:00pm
- 7:00pm-8:00pm
- 11:00am-12:00pm
- 2:00pm-3:00pm
- 5:00pm-6:00pm
- 8:00pm-9:00pm
- 12:00pm-1:00pm
- 3:00pm-4:00pm
- 6:00pm-7:00pm

* Note: Place an “X” in the time slots you are available. We will schedule two (2) heats per hour. We will try to accommodate any special requests. If your Team is competing together, make sure each member submits the same time slot preferences so you can be scheduled together. *

For more information, please visit the CRC Indoor Triathlon website at reccenter.wcu.edu; click on CRC Indoor Triathlon. Questions? Please contact Christopher Waters at cawaters@wcu.edu or 828-227-8802, or Zach Rumble at 828-227-8804.

For Office Use Only
Initials: ______________  Date Received: ______________