



**MUSKINGUM**  
RECREATION CENTER

**Indoor/Outdoor  
TRIATHLON**

**Saturday, April 29, 2017**  
**First Wave begins at 9:30 a.m.**  
**Ohio University Zanesville**  
**Rain or Shine**



Register online thru April 21 at: [www.muskrec.org](http://www.muskrec.org) click on the race logo.

**Or mail/drop off registration form to:**


Muskingum Recreation Center  
Attn. Libby Hardwick  
1425 Newark Rd.  
Zanesville, OH 43701

**Individuals must be 16 years of age to participate.**

Last name:	First Name:	Age:
.....	.....	.....
Address:	City:	Date of Birth:
.....	.....	.....
State:	Zip:	
.....	.....	
Email:	Phone:	<input type="checkbox"/> Female <input type="checkbox"/> Male
.....	.....	.....

Prizes will be awarded to the top finishers in the following age brackets:

16-19  
20-29  
30-39  
40-49  
50-59  
60-69  
70+



**Entry Fee: \$45 for members \$55 for non-members NO REFUNDS!**  
**\*\* (Register before April 14<sup>th</sup> to be guaranteed a gender specific t-shirt)\*\***  
**Make Checks Payable to: Muskingum Recreation Center**

**Release of Liability**

*I hereby waive and release any and all rights and claims for damages I may have against Muskingum Recreation Center, Ohio University Zanesville, and Zane State College for any and all injuries which may be suffered in connection with my involvement with "MRC Triathlon". I also waive and release any and all rights by my heirs, executors, and/or administrators.*

**Signature:** ..... **Date:** .....

**Please select shirt size:**

<b>Womens</b>	<b>Mens</b>
__ S	__ S
__ M	__ M
__ L	__ L
__ XL	__ XL
__ 2XL	__ 2XL

## EVENT DETAILS:

Join the Muskingum Recreation Center (MRC) as they host an Indoor/Outdoor Triathlon to benefit the future growth and development of the MRC. A portion of the proceeds will go to the Zane State Physical Therapy program in memory of Brenda Hoffman. This race is great for the novice but also challenging enough for the more seasoned triathletes. The triathlon will be held at the Muskingum Recreation Center, located on the Ohio University Zanesville campus. Waves will begin every thirty minutes starting at 8:30am.

### Course Description:

- Begin with a **10 minute swim** that will take place in the MRC indoor lap pool. Transition time will be 5 minutes to prepare for the cycling component of the race.
- The **30 minute bike race** will take place in the cycling room on the Keiser stationary bikes. Transition time will be 5 minutes to prepare for the running component of the race.
- The **5K run** will be on the Ohio University Zanesville campus. The finish line will be in the front of the MRC.