

**The 5<sup>th</sup> Annual DRH Health Foundation**

**“Give it a Tri” Indoor Sprint Triathlon**

**February 26, 2012**

**NEW THIS YEAR – YOUTH DIVISIONS!**

**LOCATION:**

Simmons Center  
800 Chisholm Trail Pkwy  
Duncan, OK 73533

**COST:**

\$35 for an individual  
\$90 for a team

**REGISTRATION:**

Pre-registration will run through Monday, February 13th.

**START TIME:**

The first heat will start at 6:00 am. We recommend you arrive ½ hour before your heat begins.

**RACE DISTANCES:**

All events are held indoors.

**Adults:**

300 meter swim (snake swim)  
8 mile stationary spinner bike (all bikes set to lowest tension)  
3 mile run (33 laps – your laps will be counted for you)

**Youth:**

Ages 7 – 10	Swim: 100 meters Bike: 2 miles Run: ½ mile (5 laps)
Ages 11-14	Swim: 200 meters Bike: 4 miles Run: 1 mile (11 laps)

## **RACE CATEGORIES (Individual Participants – Male/Female)**

Adult/Individual:

15 – 19  
20 – 24  
25 – 29  
30 – 34  
35 – 39  
40 – 44  
45 – 49  
50 – 54  
55 – 59  
60 – 64  
65 & over

## **MISCELLANEOUS:**

- Bring your own towel
- Transitions are not timed (limited to 5 minutes)
- Race is chipped
- Women – no two piece bathing suits allowed
- Award ceremony to be held immediately after last participant finishes

Participant Medals for everyone

1<sup>st</sup> thru 3<sup>rd</sup> place medals for top 3 in each age division

High tech prizes for the overall male and female in Adult and Youth events