



**ROOKIES  
AND  
ROCK  
STARS  
TRIATHLON  
— JUNE 23·2019 —**

**2019 INDIVIDUAL (AGE GROUP DIV.)  
REGISTRATION FORM**

**ROOKIES BECOME ROCK STARS  
ROCK STARS BECOME LEGENDS  
AT THE ST. PETERS REC-PLEX!**

Sunday, June 23, 2019 • Starts at 6:30 a.m.

St. Peters Rec-Plex, 5200 Mexico Road, St. Peters, MO 63376

SWIM 400 meters\* (Olympic-quality Natatorium)

BIKE 15.8 miles\*\* (flat farmlands)

RUN 3.1 miles (paved trails, shady parks)

**AWARDS:** Overall Male and Female; Overall Age Group Division Awards for the Top 3 finishers in these age groups: 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

**ENTRY FEES:** \$65 per person through April 15; \$70 from April 16 - May 15; \$75 from May 16 - June 22; \$80 June 23.

**REGISTRATION:** Register at the St. Peters Rec-Plex or online at [www.stpetersmo.net/rec-connect](http://www.stpetersmo.net/rec-connect). No online registration after June 22 at 3 p.m. **NO TELEPHONE REGISTRATIONS and NO REFUNDS.**

**PACKETS:** The packet pick-up will be at the Dynamic Training Center (5252 Mexico Road) on Friday, June 21st, 2 p.m.-7 p.m. & Saturday, June 22nd, from 10 a.m.-3 p.m. In addition, we will have race day pick-up at the Rec-Plex from 5:30 a.m. to the start of the race. **NO PHONE CALLS.**

**POST-RACE:** Complimentary food and fruit for participants.

*\*SWIM TIMES: Expect 10-second intervals between send-off times for swimmers. Swim times are assigned by approximate 400M swim time. Teams will not start first.*

*\*\*Bicycle times will not be adjusted for train stoppages.*

**ROOKIES & ROCK STARS TRIATHLON St. Peters Rec-Plex, June 23, 2019 - Age Group Division Entry Form**

Make checks payable to: City of St. Peters

Mail to: St. Peters, Attn: Rick Oloteo, P.O. Box 9, St. Peters, MO 63376

Name: \_\_\_\_\_ Phone (evening): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email address: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Your approximate 400M swim time: \_\_\_\_\_ Circle One: Male Female Circle T-Shirt Size: S M L XL

**WAIVER OF LIABILITY:** In consideration for the opportunity to participate in this program or as a parent/guardian of a minor child participating in this program, I recognize that such an undertaking involves an element of risk. Therefore, I assume all risks and hazards incidental to such participation and do hereby release, absolve, indemnify and agree to hold harmless the City of St. Peters, its agents, employees, officers and volunteers and Fleet Feet Sports. Neither the City of St. Peters, nor any of said persons, nor Fleet Feet Sports shall be held financially responsible for any injury, illness or death incurred as a direct result of this activity. I also agree to grant full permission to the City of St. Peters to use my name, photograph, videotape or recording for any publicity promotion purposes without obligation or liability to me or my family. **Registration is invalid without signature.**

Signature of registering participant

Date