



November 5, 2011 • www.TriForGirls.com
Charity funtathlon benefiting Tri-City women & children

Course Description

Splash: 20 minute swim or hot tub soak... just get wet!

Ride: 20 minute bicycle activity... spin class, upright or recumbent bike, etc.

Stride: 20 minute of any cardio class or treadmill, elliptical, etc.



SOROPTIMIST
Best for Women

When: November 5, 2011 • 7am - noon

Where: Gold's Gym, Hwy 395 & Clearwater
Kennewick

Who: Guys & gals age 14+ who want to benefit a great cause! (Need not be a gym member.)

Why: Support scholarships & service projects for local women and children. A fundraiser for Soroptimist International of Mid-Columbia.

Entry Fee: \$20

Deadline: October 20th to receive a t-shirt.
May register at the event, however no t-shirt will be issued.

Registration Options

Mail: Soroptimist International of Mid-Columbia
PO Box 1171, Richland, WA 99352

In Person: During the funtathlon (will not receive t-shirt) at Gold's Gym Kennewick

Race Day: Arrive between 7-11am for check-in, t-shirt pick-up, and participant pass.

T-Shirts: Participants registering by October 20th receive a t-shirt at the event.

Prizes: Participants who complete the funtathlon will be entered into a drawing to win door prizes.

Questions? E-mail TriForGirls@yahoo.com or call Emily at 551.4160

Registration Form

Please print clearly

Name: _____

Phone: _____

Address: _____

City, State, Zip: _____

Email: _____

Gender: M F

Age on Race Day (must be 14+): _____

T-shirt size: S M L XL XXL

Waiver of Claim

I, the undersigned (or parent/guardian of minor), assume full responsibility for any injury or accident which may occur during my participation in the indoor triathlon, and I hereby release and hold harmless the sponsors, promoters and all other persons and entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsor, promoter or other persons or entities associated with this event.

Signature _____

Date _____

- Enclose check for \$20 to SIMC (sorry, no refunds)
- Turn into Gold's Gym by October 20 to receive t-shirt