

QUALCOMM SPORTS, FITNESS & AQUATICS COMPLEX

Lawrence Family
Jewish Community Center
JACOBS FAMILY CAMPUS



1st Annual Try-athlon 2016

Duathlon • Triathlon • Children's Events



**A DAY OF SWIMMING, CYCLING AND RUNNING
FOR CASUAL OR SERIOUS ATHLETES, AND FAMILIES.**

Adults and children – ages 3 and up – can join in the fun
by competing individually, or as a team.*

Sunday, June 5, 2016

- **DUATHLON** | 8:30 A.M.-10:00 A.M. | 20-minute Stationery Bike • 20-minute Track Run
 - **TRIATHLON** | 9:00 A.M.-2:00 P.M. | 15-minute Swim • 20-minute Stationery Bike • 20-minute Track Run
- * Youth ages 13 and up may compete in Duathlon & Triathlon*
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- **TOT FUN RUN** | **Ages 3-5** | 1:00 P.M. | 100-yard dash
 - **SPLASH & DASH** | **Ages 6-10** | 1:00-2:00 P.M. | 50-yard Swim • 1/4-mile Track Run
 - **SPLASH & DASH** | **Ages 11-12** | 1:00-2:00 P.M. | 100-yard Swim • 1-mile Track Run

REGISTRATION FEES:

Includes Free Adult T-Shirt | Free Childcare Available

CHILDREN ages 3-12: \$10 • Members: **FREE**

Early Bird Discount

➤ **Register by May 10, 2016** ➤

INDIVIDUAL: Duathlon & Triathlon: \$42; Member Price: \$35 | TEAM: Duathlon: \$60 • Triathlon: \$90

Registration after May 10, 2016

INDIVIDUAL: Duathlon & Triathlon: \$54; Member Price: \$45 | TEAM: Duathlon \$85 • Triathlon: \$125

REGISTER: Bring Registration Form to **Fitness Front Desk** or **Mail**

FOR INFORMATION: Robyn Cohen • robync@ifjcc.org • ifjcc.org • 858-362-1340

All are welcome, however space is limited to 100 adults.

Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS
4126 Executive Drive • La Jolla, CA 92037-1348



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► Registration Form ►

Please fill out a separate form for each participant.

TO REGISTER:

Bring completed form with payment to Fitness Front Desk or mail with check to:

Lawrence Family Jewish Community Center • JACOBS FAMILY CAMPUS

Attn: Fitness Department

4126 Executive Drive, La Jolla, CA 92037-1348

Name _____ Phone (H) _____

Address _____ Phone (C) _____

City, State, Zip _____ E-Mail _____

Gender _____ Birthdate _____ Age (on day of race) _____

LEVEL OF PARTICIPATION: Just for Fun Serious Athlete, Approximate 5K time _____

I am Part of a Team Teamate 1: _____ Teamate 2: _____

T-SHIRT SIZE: Adult: S M L XL XXL

Yes, I need Childcare Age(s) of Child(ren) _____

PAYMENT:

JCC Member: Yes No

Children Ages 3-12: \$10; Members FREE

Early Bird Registration (Before May 10, 2016): **Individual:** \$42; Member Price \$35 **Team:** Duathlon \$60; Triathlon \$90

After May 10, 2016: **Individual:** \$54; Member Price \$45 **Team:** Duathlon \$65; Triathlon \$125

Check (payable to: Lawrence Family JCC) Cash Credit Card (Fitness Front Desk) Amount \$ _____

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Gary & Jerri-Ann Jacobs Youth Endowment Fund

