

You Go Girl!

Tri Training 2019



Registration Form

Indy's longest running tri training program for the Go Girl Triathlon—August 17th

July 11 – August 17, 2019, 5:30-7pm
on Tuesdays or Thursdays

Early Bird – \$20 OFF!
Early Bird rates end May 15, 2019!

PROGRAM COST:

Early Bird Registration – 4/15/19-5/15/19

Members: \$165.00 (Including Race Entry)
\$110.00 (Not Including Race Entry)

Non-Members: \$200.00 (Including Race Entry)
\$145.00 (Not Including Race Entry)

Regular Registration – 5/16/19 Until Full

Members: \$185.00 (Including Race Entry)
\$125.00 (Not Including Race Entry)

Non-Members: \$220.00 (Including Race Entry)
\$165.00 (Not Including Race Entry)

All experience levels are welcome!

Spaces are limited—all participants must pre-register!

Program Components:

- Weekly group training
- Experienced training leaders
- Different training protocols for different abilities
- Refreshments after sessions
- Pre- and post-race nutrition information
- Learn warm up/cool down and recovery protocols
- Post-event celebration

Space is limited! Register today!

www.nifs.org/fitness-center/training-coaching/tri-training

Training will take place at NIFS fitness center, Eagle Creek Park and White River State Park.

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ E-mail Address: _____

Emergency Contact Name/Phone: _____

CURRENT NIFS Member: Yes / No Age: _____

T-shirt Size: S M L XL XXL

Please make checks payable to **NIFS**.

Total enclosed _____ Check # _____

Credit cards accepted online or at the Service Desk.

Please choose: Tuesdays or Thursdays

For questions, or to register contact:

Kris Simpson at
317.274.3432 ext. 211
or email
ksimpson@nifs.org

Ashley Duncan at
317.274.3432 ext. 226
or email
aduncan@nifs.org

Payments are non-refundable after May 15, 2019. Credits and transfers can be applied.



National Institute for Fitness and Sport • 250 University Blvd. in White River State Park