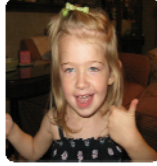


Tri To Help™ History

At 5 months of age, Adelyn Stroup was diagnosed with Aicardi Syndrome, a rare disease effecting the brain which causes seizures and major developmental delays.



The Stroup Family has made it a personal mission to create the Indoor Triathlon event Tri To Help™ to benefit the research of Epilepsy at centers across the nation. Read more online at <http://www.tritohelp.org>

Proceeds for this event will be donated to the Johns Hopkins Pediatric Epilepsy Center.

Volunteers

Swim - Volunteers needed to count laps and assist with start of new heats.

Bike - Volunteers needed to assist participants in bike set-up, conduct race timing, record distance, and assist with transition.

Run - Volunteers needed to assist participants in treadmill set-up, conduct race timing, record distance, and assist with finish.

General - Volunteers for registration and other needed areas.

To volunteer, email Trent Stroup at TriToHelp@Hotmail.com

Sponsors



Tri To Help™
Stroup Kids For Kids Epilepsy
Foundation
1802 Roland Ave
Baltimore, MD 21204
www.TriToHelp.org

Stroup Kids For Kids Epilepsy Foundation

Presents



TriToHelp

10 min. Swim - 30 min. Bike - 20 min. Run

Indoor Triathlon
For Epilepsy

December 5, 2009
8:00am

Hosted By:



THE SPORTS CLUB/LA

The Sports Club/LA—Washington DC

1170 22nd Street NW
Washington DC 20037
(202) 974-6600

www.tritohelp.org

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Event Details

Tri To Help™

Indoor Triathlon For Epilepsy

Date: Saturday December 5, 2009

Race Logistics

- 10 minute Swim in Aquatic Center
- 10 minute transition (swim to bike)
- 30 minute Bike on stationary bike
- 5 minute transition (bike to run)
- 20 minute Run on treadmill

Start Time: First heat begins at 8:00am

Field limit: 8 people per heat to total 104 participants

Duration: The indoor triathlon is based on time unlike an outdoor triathlon based on distance.

Attire: Preferred attire for swim, bike, and run

Cost: \$40 early bird by November 21st, 2009. \$50 late registration. (Fees are non-refundable and non-transferable)

Tracking

Race volunteers record your distances covered during the swim, bike and run stages.

Scoring

Performance is measured by total distance covered during each of the three legs. The more distance you cover, the higher your score.

Awards

- All finishers will receive an event shirt.
- Top fundraiser* will receive a \$200.00 cash prize (see pledge form)

* Does not have to be a participant in the triathlon event

Race Pledges

With your race registration fee, we welcome your participation in the Tri To Help™ indoor triathlon. We hope that you will help raise additional funds for the kids at the pediatric epilepsy center at Johns Hopkins Hospital by seeking sponsor money from family, friends and colleagues.

Sponsor payments are accepted on race day and by mail (no cash please) to:

Stroup Kids For Kids Epilepsy Foundation
1802 Roland Ave
Baltimore, MD 21204

Pledges Form

Registered Triathlete: _____

Sponsor: _____

Name: _____

Phone: _____

Email: _____

Amount Collected: _____

Sponsor: _____

Name: _____

Phone: _____

Email: _____

Amount Collected: _____

TOTAL AMOUNT COLLECTED: _____

Please visit our website to download a larger form, www.TriToHelp.org. Collect your pledges online! Visit our website for more information.

Race Application

All registration and donations will go through www.TriToHelp.org. All confirmations and designated start times will go through your e-mail so please print/type clearly.

Donations and online registrations:

- <http://www.TriToHelp.org>

Packet pick-up will occur day of race at the hosting club. Packets may be picked up as early as 7:00 am. Please arrive 30-45 minutes prior to your designated start time.

Race time: Each participant will select a preferred start time. Start times will be awarded on a first come, first serve basis and to the closest available slot possible.

Choose a time:

8:00 a.m. _____ 10:40 a.m. _____

8:40 a.m. _____ 11:20 a.m. _____

9:20 a.m. _____ 12:00 p.m. _____

10:00 a.m. _____ 12:40 p.m. _____

Name

Address

Phone

E-mail

Stroup Kids For Kids Epilepsy Foundation
1802 Roland Ave
Baltimore, MD 21204
www.TriToHelp.org

E-mail: TriToHelp@hotmail.com

