

## 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. (while this is NOT a requirement, we rely greatly on sponsors\* — so gather what you can!!!)

**Sponsor payments are accepted on race day and by mail to:**

STROUP KIDS FOR KIDS EPILEPSY FOUNDATION  
1802 Roland Ave  
Baltimore, MD 21204

\* Should a sponsor wish to receive a tax-deductible receipt, they must submit their own check or on-line payment. Cash will be accepted, but only the collector/participant will receive the tax-deductible receipt.

Please visit our website to download your sponsor form or collect pledges on-line by creating your own personal sponsor website at [www.TriToHelp.org](http://www.TriToHelp.org)



## 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.



**STROUP  
KIDS FOR KIDS  
EPILEPSY FOUNDATION**

1802 Roland Ave  
Baltimore, MD 21204

## PENNSYLVANIA

### Indoor Triathlon For Epilepsy

Lancaster, PA

Tri To Help®



©

February 12, 2012



STROUP KIDS FOR KIDS EPILEPSY FOUNDATION

[www.tritohelp.org](http://www.tritohelp.org)

10  
MINUTE  
SWIM

30  
MINUTE  
BIKE

20  
MINUTE  
RUN

# SWIM



## *EVENT DETAILS*

Date: Saturday February 12, 2012

Location:  
Universal Athletic Club  
2323 Oregon Pike  
Lancaster, PA 17601  
(717) 569-5396

### 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 8:00 am

Field limit: 8 people per heat or 3 people per relay team splitting the three disciplines. A relay team may only have one team member participating per discipline.

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 individual / \$90 relay team early bird by December 31st, 2011. \$50 individual / \$110 relay team late registration. \$55 individual / \$120 race day. (Fees are non-refundable and non-transferable)

## *RELAY TEAMS!*

Create a 3 person relay team so you each do a discipline (swim, bike, or run). Compete against other teams while having fun!



# BIKE



## *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.

To volunteer, email: [TriToHelp@Hotmail.com](mailto:TriToHelp@Hotmail.com)

## *AWARDS*

- All finishers will receive an event shirt.
- Top fundraiser\* will receive a \$100.00 cash prize

\* Does not have to be a participant in the triathlon event and must raise a minimum of \$375 to be eligible for top prize.

## *SPONSORS*



# RUN



## *RACE APPLICATION*

All registration and donations will go through [www.TriToHelp.org](http://www.TriToHelp.org). All confirmations and designated start times will go through your e-mail so please type clearly and check your spam folders as well.

Donations and online registrations: [www.TriToHelp.org](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. You MUST arrive at least 15 minutes prior to your designated start time in order to confirm your heat time. If you do not arrive within 15 minutes of your heat, you risk losing your slot to a waitlist.

Race time: Each participant will select a preferred start time. Visit the Website registration for a list of start times. Heat preference is on a first come, first serve basis and then it goes to the closest available slot possible.

## *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.