



SUN CITY SHADOW HILLS

TRIATHLON

SWIM • BIKE • RUN

FRIDAY, MARCH 15TH @ 8AM

STARTING AT MONTECITO FITNESS CENTER

1.5 MILES RUN OR WALK, 10 MINS OF CARDIO AT THE MONTECITO FITNESS CENTER,
FOLLOWED BY 8 LENGTHS IN THE INDOOR POOL.

\$15 PER PERSON, SHIRTS AND MEDALS FOR ALL PARTICIPANTS

SIGN UPS START JANUARY 29TH – FEBRUARY 19TH AT EITHER FITNESS CENTER.

RESIDENTS OF ALL ABILITY LEVELS ARE WELCOME AND ENCOURAGED TO PARTICIPATE.

THIS IS NOT A TIMED EVENT.

FOR MORE INFORMATION CALL (760)345-4349 EXT:2111



REGISTRATION FORM

Deadline to Register: February 19th, 2024.

Our Triathlon will take place on **Friday, March 15th starting at 8:00AM**. The entry fee for this event is **\$15** and that will provide you with an event shirt and tote along with a medal and snacks. We will start at the Montecito Fitness Center with a 1.5 mile run or walk on Sun City Blvd., followed by 10 minutes of cardio on any available machine at the Montecito Fitness Center and ending with 8 Lengths in the indoor pool. The goal of this event is to encourage participants to keep moving while having fun with their friends/neighbors. Residents of all ability levels are welcome and encouraged to participate also please note that this is not a timed event.

Drop off registration & payment:

Montecito Fitness or Santa Rosa Clubhouse

For questions call: (760) 345-4349 ext. 2111 or ext. 2201

Please Print Information:

Name: _____
Last First

Email Address: _____

Phone: () _____ Cell: () _____

Emergency Contact: _____

Phone: () _____

T – Shirt Size: (Circle One)

Small

Medium

Large

X – Large

XX-Large



Triathlon Reminder

Please be advised this event will not be timed.

- Prior to the commencement, please place all belongings in transition area. The transition area will be the Montecito fitness center locker rooms.
- You may wear your swimsuit under your clothing the day of the event, locker rooms are also available to change into your swimsuit after the cardio portion.
- Please remember to wear sunscreen, and event Shirts.
- Drink plenty of water prior to the event start time.
- Water will also be accessible throughout the event.
- All participants must stay on mapped course at all times.
- The cardio portion will be 10 minutes on any cardio piece of your choosing. (Everyone must track their own 10 minutes)
- No running in pool area.
- Walking lanes will be lane #1 & #2. Please note that if you are walking it will be three people to a lane.
- Swimmers will use lanes #3, #4, and #5. Please note that swimming lanes will be two people to a lane.
- The day of the event you may check in at 7:30AM at the Clock Tower.
- At 8:00AM the event will start in the Amphitheater with a light warm up and stretch.
- Please remember to HAVE FUN!





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Approximately 1.5 Miles
Begins at Montecito Fitness Center