

Questions?

For additional information, contact Brenda Reiling, P.T., at (217) 535-3685.

Sponsors

Try the Tri is sponsored in part by:



A registration form is on the reverse side of this brochure or can be downloaded at www.athleticare.org. Online registration is available through www.getmeregistered.com. All mailed registrations must be postmarked by April 20, 2009. Race day registration is open from 6 - 6:30 a.m. only.



Waiver and membership information can be viewed at www.USATriathlon.org.



St. John's Hospital

800 E. Carpenter Street
Springfield, IL 62769

Non-Profit Org.
U.S. Postage
PAID
Springfield, IL
Permit No. 542

150-yard swim



Try the Tri

5-mile bike



May 3, 2009

1.2-mile run



 **AthletiCare**

St. John's Hospital

For information, call (217) 535-3685
or visit www.st-johns.org.