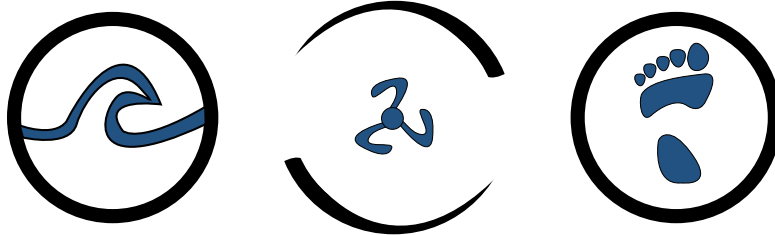


20 MINUTE SWIM • 20 MINUTE BIKE • 20 MINUTE RUN IronMAC Indoor Triathlon

Hosted by the Michigan Athletic Club • Presented by Michigan State Triathlon



Sunday, April 5, 2009
Michigan Athletic Club
2900 Hannah Blvd, East Lansing, MI 48823
www.msutriathlon.com/ironmac

REGISTRATION FORM

Name _____ Date of birth _____

Address _____ City/State _____ Zip _____

Phone _____ E-mail _____

Payment: Non-Members, to pay with cash or credit card, please contact the concierge desk at (517) 364-8800.

Before March 15

- MAC Member \$30
- Nonmember \$40

After March 15

- MAC Member \$40
- Nonmember \$50

Write checks to:
 Michigan Athletic Club
 2900 Hannah Blvd.
 East Lansing, MI 48823

Preferred start time:
 number your first, second and third choice. Time slots are assigned on a first come, first serve basis.

- ___ 7: 30 am ___ 7:55
- ___ 8:20 ___ 8:45
- ___ 9:10 ___ 9:35
- ___ 10:00 ___ 10:25
- ___ 10:50 ___ 11:15
- ___ 11:40 ___ 12:05 pm
- ___ 12:30 ___ 12:55
- ___ 1:20 ___ 1:45
- ___ 2:10 ___ 2:35
- ___ 3:00 ___ 3:25
- ___ 3:50

Gender

- Male Female

Age group

- 19 & under 20-24
- 25-29 30-34
- 35-39 40-44
- 45-49 50-54
- 55-59 60 & up

Age on 4/5/09 _____

T-shirt size

- Small Medium
- Large X-Large

I represent that I am in good physical condition and have no disability, impairment or ailment preventing participation in this event. I hereby waive and release any and all rights/claims I may have against the Michigan Athletic Club and/or its employees, Michigan State University and the MSU Triathlon Club for any injuries which may be suffered in connection with the IronMAC Triathlon.

Signature _____ Date _____ MAC# _____

OFFICE	Date received _____	Check	Credit Card	MAC Account
USE ONLY	Time received _____	_____	_____	_____

