

## RACE PLEDGES

With your race registration fee, we welcome your participation in the TriToHelp® 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

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

\* 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.

## TriToHelp® 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 TriToHelp® to benefit the research of Epilepsy at centers across the nation. Read More online at [www.tritohelp.org](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

# AUGUST 2, 2014

Mesa Family YMCA  
Mesa, Arizona

## Indoor Triathlon for Epilepsy

**10**  
MINUTE  
SWIM

**30**  
MINUTE  
BIKE

**20**  
MINUTE  
RUN



# TriToHelp

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

Top Fundraisers  
Win \$100.00!





SWIM



BIKE



RUN

## EVENT DETAILS

**DATE:** Saturday, August 2, 2014

**LOCATION:**

Mesa Family YMCA  
207 N. Mesa Dr.  
Mesa, AZ 85201  
(480) 969-8166

**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 May 3, 2014. \$50 individual / \$110 relay team late registration. \$55 individual / \$120 race day. (Fees are non-refundable and non-transferable.)

## 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 \$450 to be eligible for top prize.

## SPONSORS



## 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 7:30 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.

## 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!

## 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.