

REGISTRATION FORM

Indy's Longest Running Tri-training Program for the Go Girl Triathlon.



TRAINING DATES

June 27 - Aug. 29, 2023
5:30-7pm on Tuesdays

TRAINING LOCATIONS

NIFS Fitness Center, The Natatorium,
Eagle Creek Park and White River State Park

GO GIRL RACEDAY

Aug. 26, 2023

PROGRAM COST

Registration now open

Members: \$200.00 | Early Bird: \$175

Non-Members: \$235.00 | Early Bird: \$210

- Includes access to Eagle Creek Park for training sessions
- Race Entry for the [Go Girl Triathlon at Eagle Creek](#)
- Does NOT include 1-day USAT pass (\$15)*
*(if not a USA Triathlon member)

PROGRAM COMPONENTS

- Expert coaching by Kris Simpson, USA Triathlon Level I Certified Coach
- Weekly group training
- Training protocols for all abilities
- Open water training
- Refreshments after each session
- Pre- and post-race nutrition information
- Learn warm up/cool down and recovery protocols
- Post-event celebration (August 29th)
- Duathletes provided with race specific workouts

BEGINNERS TO ADVANCED ARE WELCOME. SPACE IS LIMITED! REGISTER TODAY!

Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ E-mail: _____

Emergency Contact Name/Phone: _____

CURRENT NIFS Member: ☐ Yes / ☐ No Age: _____

T-shirt Size: ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Total enclosed \$ _____ Check # _____

Please make checks payable to NIFS.

Payment by Credit Card

Credit cards accepted online or at the Service Desk.

CHOOSE ONE: ☐ TRIATHLON TRAINING ☐ DUATHLON TRAINING

For questions, or to register contact:

Kris Simpson at
317.274.3432 ext. 211
or email ksimpson@nifs.org

Tim Howard at
317.274.3432 ext. 244
or email thoward@nifs.org

Scan QR code to
register online



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