



## \*\*FEBRUARY 2026\*\*

### Register at the front desk:

- Pay fee at SRC front desk - \$25.00 for Members; \$100 for Non-Members (includes a membership for the month of February 2026)
- See below for Symons Triathlon Challenge Waiver Form

### Achievements:

#### **Gold Level (Full)**

Run/Walk 26.2 Miles  
Bike 112 Miles  
Swim 2.4 Miles (87 Laps)

#### **Silver Level (Half)**

Run/Walk 13.1 Miles  
Bike 56 Miles  
Swim 1.2 Miles (87 lengths)

**Rules:** There will be two options for using the honor system. You will be allowed to track your progress with a progress card and hand it in to the front desk where it will be manually entered into a shareable spreadsheet. You will also be allowed to enter your own information into our shareable spreadsheet. We will need your email address for the document to be "shared" with you. A shareable spreadsheet can be found [HERE](#). Sign-up can be done anytime during the event. Participants must have all distances recorded and submitted by March 1st

### Alternatives

- Row 174 minutes = 2.4 mile swim
- 15 minutes Elliptical = 1 mile running or 3 miles biking
- 10 minute Stair Climber = 1 mile running or 3 mile biking
- 1 hour Aqua-aerobics = 5 laps swimming
- Land aerobics fitness class = 2 mile run or 6 mile bike

### Program Completion Incentives:

A t-shirt and bragging rights!

I am participating on a voluntary basis in the Symons Triathlon Competition at Symons Recreation Complex. I understand that recreational/athletic activities may result in injuries to participants. I believe that I am in good health to safely participate in this activity. (If over 35, it is advisable that this activity is cleared with your doctor).

I hereby fully and completely release Richland County, the City of Richland Center, and its officers, officials, agents, employees, representatives and insurers from any and all liability of any nature whatsoever for personal injury, illness or property damage that may be in any way related to my participation in the Symons Recreation Complex's Triathlon event to be held February 2026, including negligence by any of the above-named parties. I understand that: (a) participation in this event is strenuous, and I verify that I am physically fit to compete in this event.

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Name (please print)

Email Address

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Signature

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Date

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Signature of Parent or Guardian (ages 12\*-17)

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Date

\*Kids ages 12-13, would need to have completed a Kids On Weights class to participate in this program.

Yes! I'm going to challenge myself to the full distance triathlon in the month of February 2026. I understand that I will need to track my own miles honestly.

Yes ! I'm going to challenge myself to a half triathlon in the month of February 2026. I understand that I will need to track my own miles honestly.

Upon successful completion of the competition, you will receive a t- shirt, please provide the following information: Size of short sleeve shirt (circle one): AS    AM    AL    AXL    AXXL

YES! I want my name on the public spreadsheet at Symons Recreation Complex to track my miles/minutes publicly! Alternatively you will be given a competitor number.