

REGISTRATION FORM

Name _____ Age _____ Sex M F

Address _____

City _____ State _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Club Memberships _____

Emergency Contact _____ Phone Number _____ Relation _____

RATE YOUR SKILL LEVEL:

CYCLE BEGINNER INTERMEDIATE ADVANCED
RUN BEGINNER INTERMEDIATE ADVANCED
SWIM BEGINNER INTERMEDIATE ADVANCED

ENDURANCE PACKAGES & ADD-ONS:

Choose a Package or mix and match Add-Ons

GOLD PACKAGE - \$400.00 R-M-R \$25 Drop-ins \$35 1 2 3 4 Bod Pod \$40 Private Instruction \$40 Circle Amount
 SILVER PACKAGE - \$325.00 V O₂ Max \$50 Nutrition Consultation \$45
 BRONZE PACKAGE - \$250.00 Med Fitness \$200 Evaluation

PAYMENT INFORMATION:

Payment Method: Cash Check
 Money Order Master Card VISA

Credit Card Number _____ Expiration Date _____

Authorized Signature _____

Name on Card _____

Credit Card Billing Address _____

Amount to be Charged _____

SHIRT SIZE: XS S M L XL XXL

MAIL OR FAX ENTRIES TO: St. George Recreation Center
Attn: Endurance Camp
285 South 400 East
St. George, Utah 84770
Fax (435) 627-4569

Early Registration Closes August 4th
Late Registration Closes August 12th
Register Online at www.sgcityrec.org

Make Checks Payable to City of St. George

By entering this event, you, the participant, acknowledge that photographs of you, drawings, or other likenesses may be made and released to the City of St. George and you grant all rights to use these likenesses for advertising purposes by the city for future events, or other purposes without compensation to you.

PACKAGE PRICES & DETAILS

Registration for packages ends August 12th

BRONZE (*Back to Basics*) **\$250**
Includes 9 months of intensive training with TEC coaches including monthly lectures at DRMC Health & Performance Center, TEC Performance Shirt, 9 month Pool Pass and 1 Banquet Ticket.

SILVER (*More Than Enough...*) **\$325**
Bronze package plus:
- Body composition and report
- VO₂ Max and report
- R-M-R (Resting Metabolic Rate) and report

GOLD (*The Ultimate Warrior*) **\$400**
Silver package plus:
- Flexibility & Strength Analysis by Physician
- Dietary Consultation

BUILD YOUR OWN PACKAGE

No Registration Deadline - Register On-line

Drop-in Rate (per session) **\$35**
Includes 1 training session (Lectures & all weekend trainings).

R-M-R **\$25**
This test determines the amount of calories or energy required for the vital organs, such as, the heart, lungs, brain, nervous system, liver, kidneys, muscles, skin, etc to function while at rest. Best results are attained after a 12-hour fast.

Body Composition **\$40**
Instead of just measuring your weight, the BOD POD can determine the amount of fat and lean tissue that makes up your weight, enabling sensible decisions regarding nutrition and exercise programs. It is the best way to get the whole picture of body composition.

Nutrition Consultation **\$45**
A registered dietitian will evaluate your eating habits. Nutrition consultation is a key element in endurance training as well as a vital component of performance.

VO₂ Max **\$50**
Maximal Oxygen Consumption Test is for the athlete in training or participating in endurance sports, such as, long distance running. In order to take the test, it requires the athlete to be at a certain level of fitness.

Medical Fitness Eval. **\$200**
Our trained healthcare professionals will determine your level of physical, cardiac, nutritional, stress and brain fitness, as well as identify opportunities for improvement. A copy of the final evaluation and recommendations will be sent to your physician. The evaluation includes:

- Your health history
- Blood pressure and resting heart rate tests
- Resting Metabolic Rate
- Body Composition
- Cardiovascular fitness
- Muscular function (power, strength and flexibility)

Private Instruction **\$40**
1 hour of Instruction from any of the TEC Coaches. Register online payment is due at training session.