



AUG 15, 2015



START ANYWHERE IN THE WORLD AND MEET US FOR THE 5-K RUN AT CARMUS JAMBOREE WITH CAMPING, MUSIC FESTIVAL, 7 FAIRS, CAR SHOW & MORE!

TRI-N is a non-profit foundation that motivates people to do something physically challenging, while raising money for someone who physically cannot, due to unfortunate circumstances.

Starting July 16th, participants will run/walk, bike, or swim 30 miles in 30 days, in honor of someone they know who cannot. The individuals whom we TRI (run/walk, bike, or swim) for, are called our heroes.

There is a \$10 registration fee for TRI-N. This registration fee will give participants a t-shirt, mile-tracker card, a wristband, and will nominate your hero to be honored at our 5K.

At the end of the 30 days, on August 15th at 8:00 a.m., we will be doing a 5K at the Carmus Jamboree in Idaho Falls. By the time of our 5K, board members will have randomly chosen 3 of our nominated heroes whom we will honor at the Carmus Jamboree 5K. Our goal is to raise enough money to provide one grand prize of \$1,000 for the hero that we will honor at the 5K. We will also have extra prizes that will be given away in a drawing for our heroes and the participants.

Sign-up by July 10th and come TRI with us this summer for your hero! Get up and do something challenging in honor of those who would give anything to, but can't. Do it for them. Do it for your hero. Do it because you CAN!!

MAKE A POSITIVE DIFFERENCE TODAY AND SIGN UP!

TRI N

TRI-N Sign-up Form

Participant Name: _____
(First) (Last)

Age _____ Home Phone: _____

Address: _____ Cell Phone: _____

City: _____ E-mail Address: _____

Postal Code: _____ Signature: _____

Date: _____ T-shirt Size: **ADULT : S M L XL XXL**

YOUTH: XS S M L

Name of my Hero: _____

Address of my Hero: _____

Home Phone # of my Hero: _____ Cell Phone of my Hero: _____

Please briefly tell us about your hero and why you chose to TRI for him/her:

Please Return To:

TRI-N
Bethany Walters
2175 Cabellaro Dr.
Idaho Falls, ID 83406

Please include with this
form a check for \$10
made out to TRI-N.



Phone: 208-589-4059
trinforbyron@gmail.com

YES, I will be participating in the 5K at the Carmus Jamboree on August 15th in Idaho Falls.

NO, I will NOT be participating in the 5K at the Carmus Jamboree on August 15th in Idaho Falls.

