



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRI SOMETHING NEW

SPORTS & RECREATION

First Annual Indoor Triathlon

Saturday, February 11th

10am–12:30pm

\$25 per person
entry fee includes:
Goody bag



Register Early, Race limited to 36 participants
See reverse for details

STUART C. GILDRED FAMILY YMCA
a branch of the Channel Islands YMCA



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REGISTRATION DETAILS

Registration closes Friday, February 10th at 12:00pm in order to organize wave starts .
 Please Fill out the entry form below and leave it with the Member Service Desk.
 Triathlon is limited to 36 participants.

WAVE START TIME DETAILS

You may call the Y Member Service Desk Friday, February 10th after 5:00pm for your start time.
 Waves start every 20 minutes beginning at 10:00am.
 There will be maximum of 6 participants per wave.
 Last wave will begin at 11:40am.

Arrive at the Y 30-45 minutes before your assigned wave start time and be on pool deck 20 minutes before your wave start.

(all participants must start at swim times/wave assigned, no exceptions)

What is an indoor Triathlon?

- 10 minute pool swim *(10 minutes transition)*
- 10 minutes of indoor cycling *(5 minutes transition)*
- 15 minutes of treadmill run/walk

Distance traveled for each segment are added up, most distance traveled wins!

 First and Last Name (Please Print Clearly)

 Address, City, Zip Code

 Age on event date

 Telephone Number

 Email Address

Register Early to Guarantee Your Spot!
 Entry Fee Due before Friday, February 10th, 12pm
 Liability/Release forms must be signed date of event

M	Division	F
___	18-29	___
___	30-39	___
___	40-49	___
___	50-59	___
___	60-69	___
___	70+	___

For Office use: Entry Paid ___ Date ___ Start Time: _____