

Indoor Triathlon

Sandusky County YMCA

ENTRY FORM --- March 27, 2010 Indoor Triathlon

Sandusky County YMCA, 1000 North St., Fremont, OH 43420, 419-332-9622
******GO TO WWW.FRYMCA.ORG FOR OFFICIAL RULES AND INFORMATION******

COURSE SWIM – INDOOR POOL – 500 YARDS
 BIKE – 10 MILES IN CYCLING ROOM
 RUN – 3 MILES ON 9 LAP/MILE INDOOR RUBBERIZED TRACK

START TIME WAVE HEATS OF 4 PEOPLE START AT 8:00AM AND EVERY 30 MINUTES THEREAFTER

REGISTRATION & ENTRY FEE: \$25 YMCA OF SANDUSKY COUNTY MEMBERS
 \$30 Out-of-town YMCA MEMBERS
 \$35 NON-MEMBERS
 Deadline to register is March 15, 2010

Participants must be 19 or over (must be able to fit indoor cycling bike and swim)

T-SHIRTS PARTICIPANTS REGISTERED BY February 25, 2010 WILL RECEIVE AN EVENT T-SHIRT

AWARDS 1st and 2nd places MALE AND FEMALE FOR EACH AGE DIVISION (19-29; 30-39; 40-49; 50-59; 60-69; 70+)
 COMPLETION AWARDS TO ALL THOSE THAT DO NOT PLACE
 AWARDS FOR BEST MALE AND FEMALE BIKER, SWIMMER, AND RUNNER

One entry per form. This form may be photocopied.

Name _____ Age on Race Day _____ DOB _____

Address _____ City _____ State _____

Zipcode _____ Daytime Phone _____ Email _____

Gender: Male Female T-shirt Size: YL AS AM AL AXL A2XL

YMCA member: Yes No YMCA NAME _____

Waiver

I know that participating in a triathlon is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely compete in the event. I assume all risks associated with this event including, but not limited to, falls and contact with other participants, the effects of weather, including heat or humidity, the traffic on the course; all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the YMCA of Sandusky County and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I also grant my permission to all the forgoing use of any photographs, video, recordings, or any other record of this event for any marketing and promotional purposes.

Signature _____

Date _____



YMCA of Sandusky County
Indoor Triathlon – March 27, 2010
Event Information

Questions? Contact the Fitness & Aquatic Director

Contact: Jana Martin
Phone: 419-332-9622
E-mail: fitness@frymca.org
Website: www.frymca.org

Location

YMCA of Sandusky County
1000 North St.
Fremont, OH 43420

About this event

It is a great off-season multi-sport event and is also a great way to get rid of those winter training blues.

When

Saturday, March 27, 2010. Waves will start at 8am and repeat every 30 minutes until all participants have finished. Please arrive at least 15 minutes prior to your starting time for numbering and final instructions.

Cost

\$25 Members of the YMCA of Sandusky County

\$30 Members of other YMCAs

\$35 Non-members

- Entries received by February 25, 2010 will receive an event t-shirt.
- Registration deadline is March 15, 2010.

Age

19 and over (must be able to properly fit an indoor spin bike and know how to swim)

Awards

1st and 2nd place Male and Female for each age division (19-29, 30-39, 40-49, 50-59, 60-69, 70+)

Special awards for best male and female swimmer, biker, and runner

Completion awards for all those that do not place.

Limited Registration

The field will be limited to the first 60 entrants. Register early!

Event Description

Participants will swim 500 yards, bike 10-miles, and run 3-miles. There will be a five minute transition time after the swim; a three minute transition time after the bike. The swim takes place in a 25 yard, 4 lane pool. The bikes will be located in the YMCA gym and are spinning bikes with calibrated odometers. The run takes place on an indoor 9 lap/mile track. The YMCA will provide a timer to follow each entrant through the stages of the event and mark their time accordingly.

