



## **Central YMCA's Tri a Tri: Indoor Triathlon Experience**

**Open to all 10 and up! And Kids options!**

**January 7<sup>th</sup>, 2017 7:40 AM Wave 1**

### **Race Info:**

Each part starts at the same time for all. All participants receive a T-shirt

There are 10 people per wave and each wave goes off 35 minutes apart.

Swim to Bike (or Run) transition=10 minutes

Bike to Run Transition = 5 minutes

Please register at the YMCA of Youngstown Central Branch by January 4, 2017.

### **Timed Triathlon (\$25):**

(You may use your own bike with a trainer. You must have a computer that reads distance.)

Age Group winners in 10 year increments by gender based on points; 100- 10& Up Participants Max

Age Groups: \*10-12, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & up

10 minute swim, 30 minute bike, 20 minute run

\*10-12 year olds will do half the time listed above.

### **Kids Race Options Ages 4-9 (\$10): Starts at 9:00 AM**

Participation Awards and T-Shirts

**Aquathlon** Ages 4-5, 6-7, 8-9: 25 or 50 yard swim, 1, 2 or 5 minute run

**Duathlon** Ages 4-5, 6-7, 8-9: 5-7 minute bike, 1-2 minute run

**Triathlon** Ages 5-9: 25 yard swim, 7 minute bike, 2 minute run

### **Points Scale:**

Total available points are based on the total number of participants in the event. For this example, let's say there are 100 people in event. The athlete who swam the farthest in the pool receives 100 points. The second farthest swim receives 99 points and so on. It is the same for the bike and run. The three scores for each participant are totaled for an overall score.

For more information, please contact **Meri Fetkovich** at [mfetkovich@youngstownymca.org](mailto:mfetkovich@youngstownymca.org) or 330-744-8411 ext 155.



**Registration Form**

**Name:** \_\_\_\_\_ **DOB/Age:** \_\_\_\_\_ / \_\_\_\_\_

**Address:** \_\_\_\_\_  
Street City State Zip

**Email:** \_\_\_\_\_ @ \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Gender:** \_\_\_\_\_

**Emergency Contact Name & Phone Number:** \_\_\_\_\_

**Race (Circle one):** **Tri on Spin Bike** **Tri on Own Bike**

**Kids Options (Circle one if applicable):** **Aquathlon** **Duathlon** **Triathlon**

**Preferred Time** (approximate—we will do our best to accommodate—so register early): \_\_\_\_\_

**Shirt Size:** YS YM YL S M L XL 2XL

**WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK**

Please read this form carefully and be aware that in signing up and participating in this aquathlon/duathlon/triathlon, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this event.

I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this event. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this event against the Youngstown YMCA Central Branch, including their respective officials, agents, volunteers and employees (hereinafter collectively referred as "Parties").

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this event. I further agree that this agreement shall be governed by the laws of the State of Ohio.

**I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.**

PLEASE PRINT: **Participant's Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Participant's Signature** \_\_\_\_\_  
(18 years or older or Parent/Guardian)

Office Use Only:			
Wave & Race #: _____	Swim Distance: _____	Bike Distance: _____	Run Distance: _____