

INDOOR TRIATHLON

HELPFUL HINTS:

- Start times will be announced the week of April 5th
- Be in the event area ready to go at your designated start time
- Wear your swim suit under your workout clothes as you will only have 10 minutes to transition to the swim.

FEES:

Register before **April 1, 2010:**

\$10 for YMCA members
\$15 for Non-members



4812 Hamburg Pike, Jeffersonville, IN 47130
(812) 283-9622 • www.ymcasi.org

Indoor **TRIATHLON** at the Clark County YMCA
SUNDAY, APRIL 11TH starting at **9:00 A.M.**

All proceeds benefit the Strong Kids Campaign of the YMCA of Southern Indiana.

Have you ever wanted to compete in a triathlon, but were not sure if you could? Our indoor triathlon is designed to be much less intimidating and can help prepare you for the real thing. During the triathlon, you will complete as many laps as you can swim in 10 minutes, as many miles as you can bike in 15 minutes on a stationary bike, and as many miles as you can walk or run in 15 minutes on a treadmill. Your total distance in all three events will be recorded. Prizes will be awarded to the top three male and female participants with the most miles overall. Must be at least 12 years of age to participate.



WHAT:

Stationary Bike, Treadmill, Lap Swim

WHERE:

Clark County YMCA, 4812 Hamburg Pike, Jeffersonville, IN 47130

WHEN:

Sunday, April 11, 2010

Contact: Jennifer Harris at (812) 283-9622 or jharris@ymcasi.org

OFFICIAL 2010 INDOOR TRIATHLON ENTRY FORM

Name: _____ Y Member: Y N

Age (as of 12/31/10): _____ D.O.B. _____ Gender: _____

Mailing Address: _____ City: _____ State: _____ Zip: _____

Home phone: _____ Cell: _____ Email: _____

Emergency Contact: _____ Phone: _____

Participants will compete in 2-person heats starting at 9:00 a.m. Please indicate the time frame in which you are available and if you have a preference for your partner.

9:00 a.m.-12:00 p.m. 12:00 p.m.-3:00 p.m.

Name of partner: _____

WAIVER: I have read the YMCA Triathlon entry form completely and understand the policies of the event. I know that participating in a triathlon is a particularly hazardous activity. I should not participate unless I am medically able. I understand the nature of, and assume all risks associated with, my voluntary participation in these events, including, but not limited to, falls, contact with other participants, the effects of weather, including extreme temperature and precipitation, and traffic. Knowing these facts, I for myself, heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE, AND DISCHARGE the YMCA and all sponsors affiliated with the YMCA workers or volunteers, their representatives or successors for ANY and ALL claims of liability whether seen or unseen, for death, personal injury, or property damage arising out of, or in the course of my participation in the event. I further grant full permission to the YMCA and/or agents authorized by the YMCA to use my photograph, video tapes, motion picture or other record of the event for any reasonable purpose.

By signing, I agree to the above waiver for me, and/or my dependants:

Name

Date

