



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**Registration open
3/1—3/25, 2019**

Contact information

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**ATHENS YMCA
INDOOR MINI
TRIATHLON**

(MONTH OF MARCH)

**Events:
Swim, Bike, Run**

Entry Fee

- * \$20 (includes t-shirt)
- * Registration cutoff March 25
- * Event is open to ages 12 and up
parent must accompany a child
under the age of 16



NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

BIRTHDAY _____ AGE _____ GENDER _____

T-SHIRT SIZE: AS, AM, AL, XL, XXL, XXXL

Please sign the WAIVER on the back of the form

The Indoor Triathlon is designed for YMCA members looking to challenge themselves and expand their fitness routine. If you have been curious about a triathlon or felt that you were not ready for one, give this race a TRI! HAVE FUN!

You have the month of March to complete the Triathlon.

1. Register by March 25 and get a TriCard.

2. Complete the activities in order, consecutively and on the same day

- 20 minutes to swim. Count your laps. (1 lap=down and back)
- 20 minutes ride a bike in the cardio room. Record distance.
- 20 minutes walk, jog or run on treadmill. Record your distance.

*You may complete as many times as you want.

When you are done with the triathlon and are happy with your distances, turn in your TriCard to the Front Desk. We will contact you when the shirts are ready.

Try to move quickly through the transitions (the time between events). Bring a water bottle, challenge yourself and have FUN!

WAIVER/RELEASE: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release, any and all rights and claims for damages I may have against the Athens YMCA or their sponsors, officials, workers, their representatives, successors, assigns, for any and all injuries suffered by me in this event, including pre-race activities. I attest and verify that I am physically fit and sufficiently trained for this event. Further, I hereby grant full permission to above sponsors to use my photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

SIGNATURE _____ DATE _____

(IF UNDER 18, PARENT/GUARDIAN MUST SIGN)

Return completed and signed form along with entry fee to
Athens YMCA • 915 Hawthorne Avenue • Athens, GA 30606