

indoor

*Join in the fun of the
1st Annual Indoor Triathlon
at the YMCA of Fort Dodge!*



tri

Saturday, February 28, 2009

First Wave 8:30 a.m.

**Must be 10 years old on or before
February 28 to participate.**

PERSONS AGES 10-14 MUST BE ACCOMPANIED BY AN ADULT

Entry Fees

\$25.00 per person
\$60.00 per team

MUST BE POSTMARKED BY FEBRUARY, 14, 2009

Packet Pickup

Saturday, February 28, 2009
Gym - 7:00 - 8:00 a.m.

Waves

Waves and starting times will be emailed/mailed
prior to February 21, 2009.
They will also be posted during packet pickup.

VOLUNTEERS

If you are interested in volunteering during
the event, please contact
Dave Pearson, Event Coordinator,
(515) 573-7107

Pre-Race Meetings

There will be pre-race meetings to cover the
rules, layout of the event, and any questions
from the participants 15 minutes prior to
every wave.

THE EVENT

Event	Time Allotted
SWIM	10 Minutes
TRANSITION 1	7 Minutes
BIKE	20 Minutes
TRANSITION 2	3 Minutes
RUN	15 Minutes

WINNERS DETERMINED BY TOTAL DISTANCE TRAVELED

AWARDS

IMMEDIATELY FOLLOWING THE FINAL WAVE

- Individual awards for the top male and female of the race.
- Medal for 1st, 2nd and 3rd place in each age division male and female (10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69).
- Individual team medals to top 3 teams.
- Participation medals for everyone.

Refreshments provided after event for participants.

Release of Liability

The undersigned expressly accepts responsibility for participation in the Indoor Y Triathlon known as The Annual INDOOR Y TRI on February 28, 2009. The undersigned acknowledges that the triathlon is voluntary and that they are voluntarily participating. It is further acknowledged that said participation is not on behalf of the Fort Dodge Y, employees, agents and representatives, sponsors, race officials and/or volunteers. The undersigned releases all liabilities, including all claims, demands and cause or causes or action of every nature affecting the undersigned which may have or ever claim to have in connection with the Indoor Triathlon known as INDOOR Y TRI. The undersigned agrees that the above mentioned parties will be held harmless in the event of accident or incident causing damage or loss of property or injury to the undersigned.

I HAVE READ THE FOREGOING RELEASE,
UNDERSTAND ITS TERMS AND FREELY AND
VOLUNTARILY SIGN THE SAME.

MINIMUM AGE TO PARTICIPATE IS 10

*CHILDREN AGES 10-14 MUST BE ACCOMPANIED BY A
RESPONSIBLE CAREGIVER DURING THE EVENT.*

If I am under the age of 18, a minor, my parent or
guardian has read and freely signs the same.

Date

Signature of Participant

Signature of Parent/Guardian If Under 18

Race Day Director Dave Pearson will have the final
authority to remove a participant from the race for
either rule violations or physical reasons.

Registration Form

(Copy for Team Names)

Male Female

Name _____

Team Name* _____

Mark For Team Only: ___Swim ___Bike ___Run

Address _____

City _____ Birthdate _____

Age on Race Day _____

State _____ Zip _____ Phone _____

Email _____

T-shirt size:

S <input type="checkbox"/>	M <input type="checkbox"/>	L <input type="checkbox"/>	XL <input type="checkbox"/>	XXL <input type="checkbox"/>
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All participants receive a t-shirt and post-race refreshments

FEES: \$25 per Individual postmarked prior to 2-14-09

\$60 per Team postmarked prior to 2-14-09

TOTAL ENCLOSED\$ _____

Make checks payable to:

YMCA Fort Dodge

1422 1st Ave. South, Fort Dodge, IA 50501

DO NOT MAIL REGISTRATION

AFTER February 14, 2009

Office Use Only
Receipt No. _____
Date: _____
Amt: \$ _____

See inside of flyer for Release of Liability. Signed release by all Participants **MUST** accompany completed Registration Form.

* Team Participants please refer to the back of the brochure

The Y provides a safe atmosphere and a wide variety of programs designed to develop healthy spirit, mind and body with the money raised from special events including
INDOOR Y TRI.

For eating and overnight accommodations please visit:
www.fortdodgecvb.com

*Please join us for this fun project
AND
help our YMCA at the same time!*

***Team Participants PLEASE READ!**
Up to three people may be on a team. For example: one to swim, one to bike and one to run, or any combination.
Please list all additional team information by photocopying the Registration Form. Each member of the team must complete their individual registration form. Be sure to include the name of the person for each event (the swim, the bike, the run).
List a TEAM NAME in addition to individual names.
Team registrations must be stapled and turned in together.



10 min.

20 min.

15 min.



Indoor Triathlon

SATURDAY

FEBRUARY 28, 2009

Fort Dodge Family

Y M C A

1422 1st Avenue South

Fort Dodge, IA 50501

515-573-7107

