

## INDOOR TRIATHLON SERIES 2012 REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Phone \_\_\_\_\_

Circle Event(s) registering for:  
January 29 February 26 March 25

Circle Preferred Heat Start Time Frame  
(not guaranteed):

8-9am 9:20-10:20am 10:40am & later

Shirt Size (circle one): S M L XL

List name(s) of friend(s) to compete in same heat:

\_\_\_\_\_

\_\_\_\_\_

### YMCA MEMBER FEES:

**\$30/individual event • \$75/all 3 events**

### NON-MEMBER FEES:

**\$40/individual event • \$105/all 3 events**

**Team Fee: \$60**

Check here if you would like to add **\$20** to your fee and do two consecutive tri's on the same day.

Check or Money Order Enclosed

VISA  M/C  Discover  American Express

Card # \_\_\_\_\_

Exp. Date: \_\_\_\_\_ VIN # \_\_\_\_\_

Signature of cardholder \_\_\_\_\_

### MAIL REGISTRATION AND PAYMENT TO:

David D. Hunting YMCA (attention Dave Leggett)  
475 Lake Michigan Dr. NW, Grand Rapids, MI 49504  
**855-9622 • grymca.org • dleggett@grymca.org**

## STRONG KIDS CAMPAIGN

The YMCA is committed to not turning away any individual due to inability to pay. Our Strong Kids Scholarship Campaign raises funds each year to underwrite the cost of membership and program for children and families who would otherwise be unable to participate. In 2011, the David D. Hunting YMCA gave over 3,150 scholarships in our community. Thank you for your support of this critical need.

## YMCA STRONG KIDS CAMPAIGN

A scholarship fund to ensure that the YMCA is available for all.



## SWIM, BIKE, RUN. SPIRIT, MIND, BODY.

3rd Annual

## INDOOR TRIATHLON SERIES



sponsored and presented by

## CLARK HILL

Legal and Professional Services

## SUNDAY, JANUARY 29 SUNDAY, FEBRUARY 26 SUNDAY, MARCH 25

### YMCA Mission

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## JANUARY 29 & FEBRUARY 26 EVENTS

**Swim** 15 minutes in the pool,  
**Bike** 15 minutes on a stationary bike,  
then **Run** for 15 minutes on the track.  
(5 minute transition times in between)

### MARCH 25 EVENT

**Swim** 20 minutes in the pool,  
**Bike** 20 minutes on a stationary bike,  
then **Run** for 20 minutes on the track.  
(5 minute transition times in between)

#### YMCA MEMBER FEES:

**\$30/individual event • \$75/all events**

#### NON-MEMBER FEES:

**\$40/individual event • \$105/all events**

Add **\$20** to your fee and do two consecutive tri's on the same day.

Team Fee: **\$60** (Sign up as a team!)

## LOCATION

### DAVID D. HUNTING YMCA

475 Lake Michigan Dr. NW, Grand Rapids  
855-9622 • Dleggett@grymca.org • grymca.org

## OUR SPONSORS

# CLARK HILL

Legal and Professional Services



**Gazelle Sports**



**METRO HEALTH**  
Grand Rapids Marathon

## TRIATHLETE INFORMATION

Must be 7 to participate.

- Race entries will be limited, so register early.
- Post race refreshments will be served.
- We will try to honor requested time frames to start your heat when possible.
- We will try to honor requested athletes to compete against in same heat when possible.
- You will be notified by email on the Friday before each race of your heat start time.
- Check in 20-30 minutes before your heat start for numbering and final race instructions and to complete a waiver form.
- Once the last competitor has finished, awards will be presented. Those who are not in attendance will need to stop in at the David D. Hunting YMCA to pick up awards. They will not be mailed
- Distances from each discipline will be weighted to determine overall winners.
- 25 yard lap pool (You'll have your own lane.)
- Stationary Precor Bikes
- 3 Lane Indoor Track (7 laps=1 mile)
- The Double: Complete the triathlon once, then head back down to the pool and do it all over again (20 minute gap from when you finish the first tri to starting the second)

## AWARDS

3 awards deep in five age groups per event

Tech shirts to all competitors

Series awards to overall male/female

