

Indoor TRIATHLON SERIES

2010 REGISTRATION FORM

Name _____

Address _____

City, State, Zip _____

Email _____

Date of Birth _____ Age _____ Sex _____

Phone _____

Circle Event(s) registering for:

February 28 March 28 April 25

Circle Preferred Heat Start Timeframe
(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

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 2010

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 2009, the David D. Hunting YMCA gave out 3,146 scholarships in our community. Thank you for your support of this critical need.

David D. Hunting

YMCA

sponsored and presented by

CLARK HILL

Legal and Professional Services

INDOOR TRIATHLON SERIES



SUNDAY, FEBRUARY 28
SUNDAY, MARCH 28
SUNDAY, APRIL 25



YMCA Mission

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

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)

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Location

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Our Sponsors

CLARK HILL

Legal and Professional Services



Triathlete Information

Must be 14 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 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

