



REGISTER TODAY!

YMCA OF GREATER GRAND RAPIDS
**INDOOR
TRIATHLON SERIES**



Sponsored by: **CLARK HILL**
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The YMCA of Greater Grand Rapids Triathlon Series consists of three separate triathlons at three of the Y's branches. Proceeds from this event will go to the Y's Annual Campaign, which ensures that those who need us the most have access to quality programs, activities, and facilities, like: financial assistance, after school programs, and **LIVESTRONG** programming for cancer survivors.

The indoor triathlons will consist of three disciplines: swimming, biking, and running. Participants are timed in each activity, instead of going a predetermined distance. Staggered start times will begin at 8:00 AM for all three branches.

JANUARY 29

Mary Free Bed YMCA
Lap Pool (25 yards)
Upright Stationary Bike
Indoor Track (5 laps per mile)

FEBRUARY 26

Wolverine Worldwide Family YMCA
Lap Pool (25 yards)
Upright Stationary Bike
Treadmill

MARCH 26

David D. Hunting YMCA
Lap Pool (25 yards)
Upright Stationary Bike
Indoor Track (7 laps per mile)

REGISTRATION:

1 Triathlon - Members: \$35, Non-Members: \$45
3 Triathlons - Members: \$75, Non-Members: \$105

RACE SCHEDULE

Swim (in the pool) - 15 Minutes

5 Minute Transition Time

Bike (on a stationary bike) - 15 Minutes

5 Minute Transition Time

Run (on the indoor track or treadmill) - 15 Minutes

STAGGERED START TIMES

Staggered start times will be every 20 minutes, starting at 8:00 AM for all three branches. There will be 5-8 participants per start. Start times will be sent out the day before, for preregistered participants.

RECOMMENDED EQUIPMENT

If you want to use a swim cap, swim goggles, nose pinch, or ear plugs, you will need to bring your own. You will also want to bring a sports bottle for hydrating during the event, and specifically on the bike and run portion. We ask that you use a non-spill sports bottle top that allows you to squeeze water into your mouth, versus trying to drink out of a regular water bottle that will spill water. We will provide towels for athletes, but if you want a larger towel, feel free to bring your own.

AWARDS

Age Group Medals will be awarded to the 1st, 2nd, and 3rd place men and women in the following age groups: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60+. Series awards will be given to the best men and women overall finishers. The series champion is determined by achieving the greatest point total over the three triathlons.

T-SHIRTS

All race participants will receive a short sleeve tech t-shirt.
If participants sign up for all three triathlons, they will receive a long sleeve dri-fit shirt.

For more information, call 616.855.9622.

TO REGISTER, VISIT [HERE](#).

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