

Y-athlon



Indoor Triathlon



Sunday, May 2, 2010
Westside Family YMCA
920 Elmgrove Rd., Rochester, NY 14624
585-247-3501

First Heat Starts at 11:00 am
Kids-Tri Starts at 10:00 am
All proceeds benefit the Invest in Youth Campaign

THE RACE

A three-event race consisting of a 15-minute pool swim, 15-minute stationary bike ride and a 2 mile run/walk outside. Each event will be run in waves, with the first wave beginning at 11:00am. The Kids-Tri starts at 10:00am. Each wave will be afforded a 5-minute transition between events.

KIDS TRI

For ages 6-12: A three event race consisting of a 5 minute swim, approx. 1 mile bike (bring your own bike) and an approx. 1 mile run/walk. Each wave will be afforded a 7 minute transition between events.

ENTRY FEE

Pre-entry by Monday, April 26, 2010:

Individual: \$30, 3 person team: \$75, Kids-Tri: \$5

Post-entry:

Individual: \$40, 3 person team: \$85, Kids-Tri: \$5

Race is limited to 144 adult participants and 24 kids so early registration is encouraged! Entry determined by receipt of application and fee.

AWARDS

Overall male and female, first female in each age group, first male in each age group and first team. No duplication of performance awarded.

AMENITIES

Short Sleeve T-shirt, childcare (if pre-registered), shower facilities and baggage storage (available in YMCA locker rooms: please bring a lock to secure your belongings as the YMCA is not responsible for lost or stolen items).

PACKET PICK UP

Packets will be available at the Westside YMCA Member Service Desk 7am—8pm Saturday, May 1 and beginning at 9:00am on race day. Participants will be notified by email or phone prior to the event with assigned swim start times. Packets must be picked up at least 1/2 hour before participant/team start time.

REGISTRATION (INDIVIDUAL AND TEAM)

All team members and individuals must submit a completed application.

Name or Team Captain: _____ Age: _____

Address: _____

City/State/Zip: _____

Phone: _____ Sex: M F
(circle one)

E-mail: _____

T-shirt Size (included with entry fee, adult sizes only): S M L XL
(circle one)

Team Name: _____

Swimmer's Name: _____

Cyclist's Name: _____

Runner's Name: _____

Childcare needed during race (pre-registered participants only):

How many children? _____ Ages of children: _____

ENTRY FEE

Circle One	Pre-entry (4/26/2010)	Post Entry
Individual	\$30	\$35
3-Person team	\$75	\$90
Kids (Ages 8-13)	\$5	\$5

Register online, by mail, by fax or in person

Visa Discover MasterCard (circle one)

Card Number: _____

Exp. Date: _____

Cardholder's Name: _____

Total Paid: \$ _____

Cardholder's Signature: _____

Make checks payable to: Westside Family YMCA

(entry fee is non-refundable) 920 Elmgrove Rd.

Rochester, NY 14624

Fax # : 585-341-3282

online at www.rochesterymca.org/westside

MANDATORY PARTICIPANT WAIVER

In consideration of the acceptance of the entry to the Westside Family YMCA Y-athlon, I waive all claim for myself, my heirs and assigns against the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries or illness which may result from my participation. I further state after consultation with my Health Care Provider that I am in proper physical condition to participate in this triathlon. I also give permission to the media to use my name and/or picture in any newspaper, broadcast, telecast or any other account of this event, without limitation, and without obligation of anyone to compensate me further thereafter.

Signature _____ Date _____

Parent's Signature _____ Date _____

(if under 18 yrs.)

SPONSORS

