

Start

Please list your preferred start time on the registration form. Heat times will be filled on a first come, first served basis.

The heat times are as follows:

6:00	7:40	9:20
6:20	8:00	9:55
6:40	8:20	10:30
7:00	8:40	11:05
7:20	9:00	

The duathlon will start at 7:00. The number of heats will be determined by the number of registrants.

Please circle your preferred heat time frame, (6:00-7:20, 7:40-9:00, 9:20-11:05 **for endurance only**) on the registration form. You will be notified via email the week prior to the event of your heat time. Please provide a clear, up to date email address on the registration form.

Registration

Entries will be limited to the first 60 sprint, 24 endurance, and 54 duathlon participants. Please mail or drop off this form at the YMCA. All registrations must be received prior to January 26th. There will be no race day registration.

Awards

All participants will receive a finisher's gift. Trophies will be presented to the top 5 overall men and women finishers in the sprint triathlon and the top 3 men and top 3 women in the endurance and duathlon events.

YMCA of Southwestern Indiana
222 NW 6th St.
Evansville, Indiana 47708
www.ymcaswin.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INDOOR TRIATHLON & DUATHLON

DOWNTOWN YMCA

SUNDAY,
JANUARY 28, 2018



SPONSORED BY


Deaconess

The Event

The indoor triathlon offers a spin on traditional triathlons. Participants will compete based upon distance completed within an allotted time frame. Participants will be competing against athletes of all ages for overall placement. **Athletes must be 12 years old on race day to compete.**

Triathlon

Sprint

- SWIM (15 minutes) YMCA pool
- TRANSITION 1 (10 minutes)
- BIKE (15 minutes) *stationary bikes provided*
- TRANSITION 2 (5 minutes)
- RUN (15 minutes) *treadmill*

Endurance

- SWIM (30 minutes) YMCA pool
- TRANSITION 1 (10 minutes)
- BIKE (30 minutes) *stationary bikes provided*
- TRANSITION 2 (5 minutes)
- RUN (30 minutes) *treadmill*

Duathlon

- RUN (15 minutes) *track*
- TRANSITION 1 (5 minutes)
- BIKE (15 minutes) *stationary bikes provided*
- TRANSITION 2 (5 minutes)
- RUN (15 minutes) *track*

Our Mission: The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind, and body.

Date and Time

Sunday, January 28, 2018 from 6 am to noon. Staggered start times will be assigned 20 minutes apart.

Fees

\$25 Sprint and Duathlon
\$30 Endurance

Location

The event will be held at the Downtown YMCA located at 222 NW 6th Street.

Packet pick-up

Packet pick-up will be the morning of the event. Please plan to arrive 30 minutes before your scheduled start time.



YMCA Indoor Triathlon & Duathlon Registration Form

Name _____ Date of Birth _____ / _____ / _____ Age _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____ T-shirt size (Sm - 2x) _____

Emergency Contact _____ Phone _____

Triathlon Preferred start time: **BETWEEN 6:00 AM - 7:20 AM, 7:40 - 9:00 AM or 9:20 - 11:05 (Endurance Only)**

Duathlon start time: **BETWEEN 7:00 AM - 8:00 AM, or 8:20 AM - 9:40 AM**

WAIVER: I know that running, walking, cycling and swimming a triathlon is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I assume the risk of running/cycling on this track/bike. I also know that, although trained lifeguards will be provided, there is risk associated with swimming in a pool. I also assume any and all other risks associated with participating in this event including but not limited to falls, contact with other participants, the effects of the temperature including high heat and/or humidity, all such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim in my behalf, covenant not to sue, and waive, release and discharge the YMCA of Southwestern Indiana, all sponsors, the State of Indiana, City of Evansville, Race Officials and volunteers, any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to the YMCA, all sponsors and/or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose. Application for minors will be accepted only with parent's signature.

Participant Signature _____ Date _____