



YWCA 1st Annual Indoor Triathlon February 5th & 6th 2011 at 12:30-3:30PM

Compete individually or as a relay. Events are 500m swim, 9 miles bike, and 3 miles run. Anyone over the age of 16 is welcomed to compete. This will help benefit handicap children in Tanzania, Africa and a portion will also benefit the YWCA Aquatics and Fitness programs.

If you are part of a relay, name your relay teammates _____
(Everyone on the relay must register separately)

Print full name _____ Age on Race Day _____

Mailing address _____ (confirmation letter & rules will be mailed or emailed to you)

Phone Number _____ Cell _____ Email _____
(You will be called or emailed if the event is canceled due to hazardous driving conditions)

Who should be contacted in case of an emergency?

Name _____ Relation to you _____

Phone Number _____

Are there any medical conditions that we need to know about in case of an emergency? Please list
(ie; low blood sugar, diabetes, pace maker, ect.)

Did you inform your doctor about competing and has he cleared you?

Which day will you compete? Saturday Feb 5th or Sunday Feb. 6th What time?

List the order of the events you would like to do:

1. _____
2. _____
3. _____

Would you like to be part of a triathlon club? How did you hear about our triathlon?

What is your t-shirt size? Adult small, medium, large or extra large (free t-shirt the day of the event)

FEE:\$25 per person AFTER FEB 1ST the fee is \$50 per person
NO RACE DAY ENTRIES. NO REFUNDS.

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Return this form to the YWCA Aquatics Director