



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Registration open**  
**March 1 - 26, 2018**

# ATHENS YMCA INDOOR MINI TRIATHLON

(MONTH OF MARCH)

## Contact information

Ben Schultz

Aquatic Director

ben@athensymca.org

Elyse Giles

Wellness Director

elyse@athensymca.org

## Events:

# Swim, Bike, Run

### Entry Fee

- \* \$20 (includes t-shirt)
- \* Registration cutoff March 26
- \* Event is open to ages 12 and up  
parent must accompany a child  
under the age of 16



NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

BIRTHDAY \_\_\_\_\_ AGE \_\_\_\_\_ GENDER \_\_\_\_\_

T-SHIRT SIZE: AS, AM, AL, XL, XXL, XXXL

Please sign the WAIVER on the back of the form

The Indoor Triathlon is designed for YMCA members looking to challenge themselves and expand their fitness routine. If you have been curious about a triathlon or felt that you were not ready for one, give this race a TRI! HAVE FUN!

**You have the month of March to complete the Triathlon.**

1. Register by March 26 and get a TriCard.

2. Complete the activities in order.

- 20 minutes to swim. Count your laps. (1 lap=down and back)
- 20 minutes ride a bike in the cardio room. Record distance.
- 20 minutes walk, jog or run on treadmill. Record you distance.

\*You may complete as many times as you want.

When you are done with the triathlon and are happy with your distances, turn in your TriCard to the Front Desk. We will contact you when the shirts are ready.

Try to move quickly through the transitions (the time between events). Bring a water bottle, challenge yourself and have FUN!

WAIVER/RELEASE: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors, and administrators, waive and release, any and all rights and claims for damages I may have against the Athens YMCA or their sponsors, officials, workers, their representatives, successors, assigns, for any and all injuries suffered by me in this event, including pre-race activities. I attest and verify that I am physically fit and sufficiently trained for this event. Further, I hereby grant full permission to above sponsors to use my photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(IF UNDER 18, PARENT/GUARDIAN MUST SIGN)

**Return completed and signed form along with entry fee to  
Athens YMCA 915 Hawthorne Avenue Athens, GA 30606**