

Adult & Youth Triathlon

Sponsored by



**Five-Star
Graphics**



**Steel Valley
Tri Club**

ADULT or TEAM RACE

| SWIM | BIKE | RUN | START |
|----------------------|----------|---------|-------------------------|
| 500 yds (10 Laps) | 10 miles | 3 miles | 7:00 a.m. First Heat |

YOUTH RACE DISTANCES

| Age | Swim | Bike | Run | Start |
|--------|----------|----------|----------|----------|
| 12*-16 | 3 Laps | 3 Miles | 1 Mile | 10:30 am |
| 10-12* | 2 Laps | 2 Miles | 3/4 Mile | 10:45 am |
| 8-9 | 1 Lap | 1 Mile | 1/2 Mile | 11:00 am |
| 6-7 | 2 widths | 3/4 Mile | 3/8 Mile | 11:30 am |
| 3-5 | 1 width | 1/2 Mile | 1/4 Mile | 11:45 am |

* 12 yr olds must declare age group

ADULT AGE DIVISIONS

| | | | | | |
|-------|-------|-------|-------|-------|---------|
| 14-19 | 25-29 | 35-39 | 45-49 | 55-59 | 65-69 |
| 20-24 | 30-34 | 40-44 | 50-54 | 60-64 | 70 & UP |

YOUTH ENTRY FEE

YMCA Members

NON-Members

First Child in Family

\$18.00

\$24.00

Each Additional Child in Family

\$12.00 each

\$17.00 each

Family Maximum (Youth Only)

\$42.00

\$58.00

Adult Entry Fee:

| | |
|-------------|---------|
| YMCA Member | \$40.00 |
| Non-Member | \$48.00 |
| Team | \$90.00 |

www.youngstownymca.org

ADULT FEE IS SEPARATE

Please fill out completely. Incomplete entries will not be processed. Use a separate form for each participant.

NAME _____ Male ___ Female ___

ADDRESS _____

CITY _____ STATE _____ ZIP _____

BIRTH DATE _____ AGE _____ PHONE _____ MEMBER ___ NON MEMBER ___

12 YR OLDS: 10-12 AGE GROUP _____ 12-16 AGE GROUP _____

YOUTH TRI ___ ADULT TRI ___ TEAM TRI ___ TEAM NAME _____

TEAM SWIMMER _____ CYCLIST _____ RUNNER _____

CIRCLE SHIRT SIZE: YOUTH S M L ADULT S M L XL XXL Adult Estimated Swim Time _____ **Required**

Waiver:

In consideration of accepting this entry, I, the undersigned, intending to be legally bound for myself, my executors, and administrators, waive and release any and all claims for personal injuries, losses, and damages from participation in this event which I may have against the Youngstown YMCA, their members, volunteers, and sponsors, City of Youngstown officers and employees and the Mill Creek Metropolitan Park District, its officers and employees and sponsors. I attest that I am physically fit and trained sufficiently for completion of this event. My physical condition has been verified by a licensed medical doctor. Furthermore, I hereby grant full permission to any and all foregoing to use photographs, videotapes, recordings, and other records of this event.

Signature _____ (Parent's if under 18) Date _____

Date _____ Amount _____ Receipt # _____ 2F-1303

- **Absolute Registration deadline July 16th by noon.**
- **NO RACE DAY REGISTRATION**
- Pre-Race meeting Thursday, July 15th at 6:30 p.m. in the Youth Lobby. Strongly recommended for all participants and all teams.
- Bikes must be racked in transition area.
- **Helmets must worn during bike portion.**
- **NO REFUNDS DUE TO WEATHER**

Youth Races

- All youth participants are winners and will receive medals.
- **It is important to register early as tee shirts are color coded for each age group.**
- Flotation devices may be used in swim, arm flotation and life jackets.
- Triathletes may change in locker rooms off Shallow Pool deck after the swim. You may set up your shoes, socks, shorts, triathlon t-shirt with race number pinned on the front of shirt and have your bike helmet ready to go. This will make the transition from the swim to the bike quicker.
- Parents of younger age groups must wait at the ends of the pool deck for your child. Waiting on the side by the locker room causes too much congestion.

Adult or Team Race

- Dri-Fit shirts will be given to those registering by July 14th. No Youth sizes available for Dri-Fit shirts. Tee-Shirts to those who register after July 14th.
- Award to first, second, and third place female and male overall and first, second and third place in each age division.
- Awards following Adult Race-Refreshments.

Teams

- Teams must pick a team name
- Team entries must be filled out individually, stapled together and handed in as one (1) entry.
- Teams will compete with individual Adult Triathletes under their team name.
- Swimmer will cross timing mat then exchange chip with cyclist, then cyclist takes bike off rack and races.
- Cyclist will cross timing mat, and re-rack bike, then exchange chip with the runner, then the runner races.
- Awards will be given to top three teams.

Race Director : Maureen Horvath
 (330) 744-8411 Ext. 155
 Email: MHorvath@YoungstownYMCA.org

Make Checks Payable and Mail to:
 Youngstown YMCA
 Attn: Maureen Horvath
 17 N. Champion Street
 Po Box 1287
 Youngstown, OH 44501

Directions From West: Take **1-76 East** to **1-80 East**, take exit #223B toward Youngstown onto **1-680 South**, take exit #6B towards Downtown, turn right on **Market Street**, right on **Commerce St.**
Directions From East: Take **US-422 West** to Wick Avenue exit Youngstown State University, turn left on **Wick Avenue**, left onto **Commerce St.**



YOUNGSTOWN YMCA

17 N. Champion Street
 PO Box 1287
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 Phone 330-744-8411
 Fax 330-744-8415