

**2010 Manitowoc-Two Rivers YMCA
Indoor Triathlon
Entry Form**

Name _____ Birthdate _____

Address _____ Gender M F

City _____ State _____ Zip _____

Phone _____ T Shirt: S M L XL XX

Estimated Race Times: ¼ mile swim _____ 2.5 mile run _____
(adults only)

WAIVER

In consideration for your acceptance, I hereby, for myself, my executors and administrators waive any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assignees and will hold them harmless for any and all injuries suffered in connection with said event. Also, none of the above is responsible for the loss of personal items or any other form of aggravation in connection with said event. I have been warned that I must be in good health to participate in this event. I acknowledge I have read and fully understand my own liability and do accept the above restrictions.

Registrant's signature _____ Date _____

Parent or Guardian's signature (if under 18)

_____ Date _____

Make checks payable to: Manitowoc-Two Rivers YMCA

Return form to: Craig Pautz, Manitowoc-Two Rivers YMCA
PO Box 471, Manitowoc, WI 54221-0471

Registration Deadline: Friday, February 12, 2010. A limited number of entries will be accepted. Sign up today!

For more information, contact Craig Pautz at the
Manitowoc-Two Rivers YMCA 920-482-1520.

**2010 Manitowoc-Two Rivers YMCA
Indoor Triathlon
Sunday, February 21, 2010**

Location: Manitowoc-Two Rivers YMCA
205 Maritime Dr.
Manitowoc, WI 54220

Start Time: Adults: 8:00 am The race will be held in heats of 6,
run at 30-minute intervals
Youth: following completion of adults - 15 minute
intervals

Distance: Adults: Swim – ¼ mile (18 lengths)
Bike – 5 miles (Body Cycles with odometers)
Run 2.5 miles on the indoor track (25 laps)

Youth: 10 & Under 11 – 15
Swim 6 lengths (150 yds) 12 lengths (300 yds)
Bike 2 miles 3 miles
Run .8 mile 1.5 miles

Entry Fee: Adults: \$20.00; Youth: \$15.00

Awards & Results: All participants will receive a long-sleeved T-shirt. Awards are presented to 1st - 3rd place finishers in men's, women's, Youth 10 & U, and Youth 11-15 divisions. Final results will be available online at www.mtrymca.org on February 24.

Hospitality: Fruit & beverages will be provided throughout the event.

Starting Times: Available Friday, February 19 after 10:00 a.m.
It is your responsibility to call for your starting time.
920-682-0341:

Lap Counters: Each participant must supply their own person to count their swimming & running laps.

Manitowoc-Two Rivers YMCA

Indoor Triathlon



Sunday

February 21, 2010

Adults

¼ mile swim
5 mile cycle
2.5 mile run

Youth

10 & Under

150 yd swim
2 mile cycle
.8 mile run

11-15

300 yd swim
3 mile cycle
1.5 mile run

8:00 am start

205 Maritime Dr.
Manitowoc, WI 54220
920-682-0341