

Y Duathlon 2017



Youth Triathlon
August 25, 2017
Adult Duathlon
August 26, 2017

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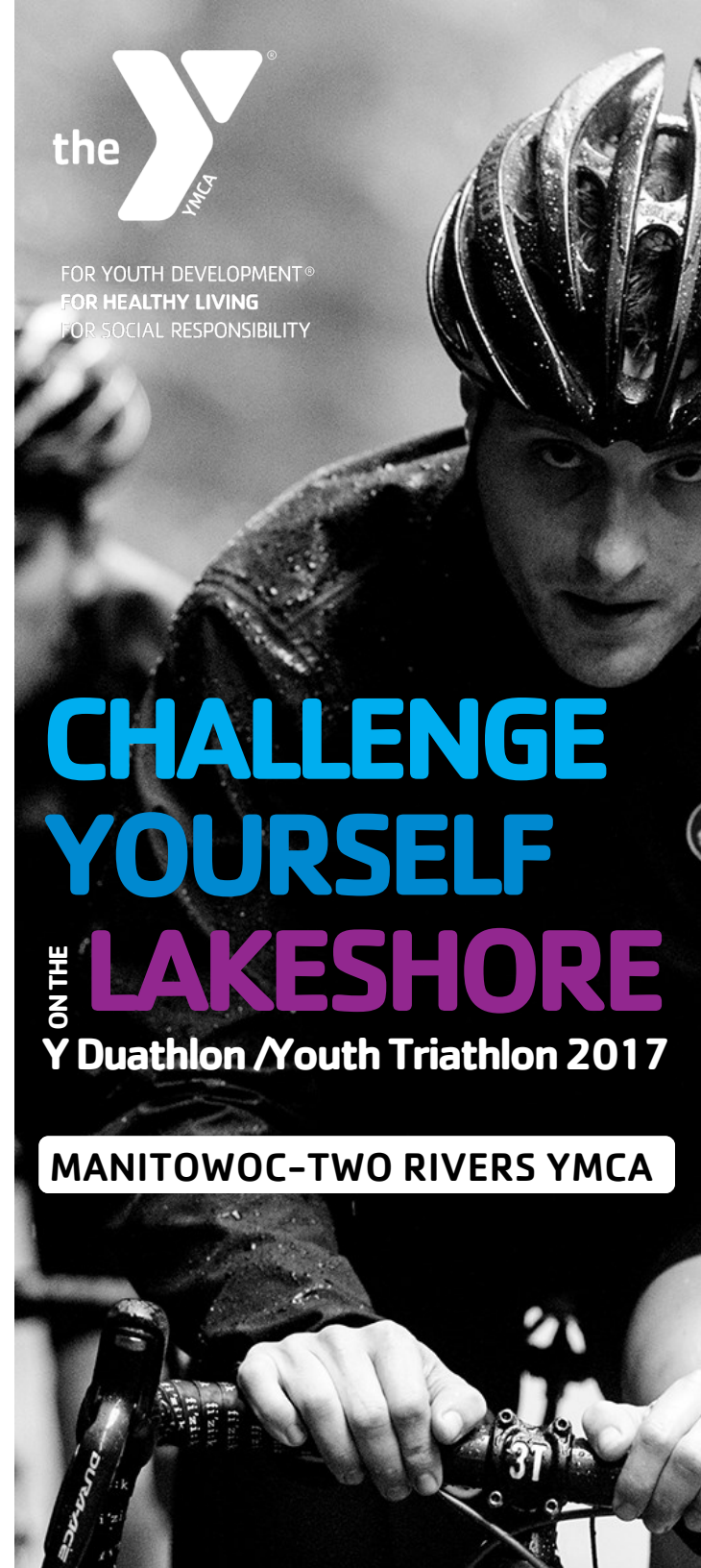
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



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**CHALLENGE
YOURSELF**
ON THE **LAKESHORE**
Y Duathlon / Youth Triathlon 2017

MANITOWOC-TWO RIVERS YMCA



Manitowoc-Two Rivers Y Duathlon 2017

Youth Triathlon • Friday August 25, 2017 - 5:00 pm

Adult Individual & Team Duathlon • Saturday, August 26, 2017 - 7:00 am

YOUTH TRIATHLON

Ages 6-10: 100yd swim in pool, 2 mi. bike, 1k run

Ages 11-14: 200yd swim in pool, 4 mi. bike, 2k run
(bike & run along lakeshore path)

INDIVIDUAL & TEAM EVENT

Run: 2 miles along the lakefront

Bike: 16 miles on predominantly flat country roads north of Manitowoc. Participants must wear ANSI approved bike helmets.

Run: 2 miles along the lakefront.

All segments start and finish at the Y

ENTRY FEES*

Youth (8/25): \$25.00 / \$30.00 after Aug. 8

Youth Team(8/25): \$37.00 / \$45.00 after Aug. 8

Individual: \$45.00 / \$60.00 after Aug. 8

Team: \$65.00 / \$80.00 after Aug. 8

*Entry Fee includes a t-shirt for all participants To guarantee t-shirt size, registration must be received by Aug. 8. Registrations received after Aug. 8 will receive t-shirt-sizes based upon availability. Pre-registered t-shirts may be exchanged for different size on race day based on availability.

AWARDS

Youth: Medals awarded to all participants.

Individual, Team events: Awards will be given to the 1st overall male & female. Age Group awards to 1st - 3rd male/female in the following categories: 12-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

First three places overall in optional Athena (women over 150 lbs.) & Clydesdale (men over 215 lbs.) divisions. Team awards to top three places in each category. Participants must be at least 10 years old. Awards will be distributed on-site after race results have been posted.

Awards will not be mailed.

TEAM EVENT

Will run simultaneously with the individual event. Runner will tag biker, biker will tag runner.

Divisions include male, female & co-ed. 2 or 3 person teams are allowed.

DIRECTIONS:

I-43 to Exit 152 (Waldo Blvd.)

East to Lake Michigan

Right on Maritime Drive

Follow Maritime Drive 1 mile to the YMCA

RACE ROUTES

Available online at www.mtrymca.org or www.active.com. You may also pick up a copy at the Manitowoc-Two Rivers Y

PACKET PICK-UP

Pre-registered participants may pick up packets from 5:00 am - 8:00 pm on Friday, August 25, or after 5:00 am on Saturday, August 26, at the Manitowoc-Two Rivers Y 205 Maritime Dr., Manitowoc. Walk-in registrations will also be taken at that time, up to 6:30 a.m. Saturday.

SHOWER FACILITIES

Available at the Manitowoc-Two Rivers YMCA.

RESULTS

To receive a copy of race results, submit a SASE at the registration table. Results online at www.onlineraceresults.com

REGISTRATION

Register with this form.

Make checks payable to: Manitowoc-Two Rivers Y.

Mail registration form with payment to:

Y Triathlon

PO Box 471

Manitowoc, WI 54221-0471

or register online at www.active.com

MANITOWOC-TWO RIVERS Y

205 Maritime Drive • Manitowoc, WI 54220

P 920-682-0341 • F 920-682-2620

www.mtrymca.org

REGISTRATION FORM

• All entries must be received and paid for by 6:45 a.m., August 26, 2017 **NO REFUNDS**

INDIVIDUAL MALE___ FEMALE___

Last Name _____

First Name _____

DOB _____ Age: _____

Address _____

City, State, Zip _____

T-shirt size: **Men's/Women's/Youth: S, M, L, XL, XXL**

Phone _____

E-mail _____

Athena___ Clydesdale___

RELAY TEAM MALE___ FEMALE___ CO-ED___

RUNNER Male___ Female___

Last Name _____

First Name _____

Address _____

City, State, Zip _____

T-shirt size: **Men's/Women's/Youth: S, M, L, XL, XXL**

Phone _____

E-mail _____

BIKER Male___ Female___

Last Name _____

First Name _____

Address _____

City, State, Zip _____

T-shirt size: **Men's/Women's/Youth: S, M, L, XL, XXL**

Phone _____

E-mail _____

RUNNER Male___ Female___

Last Name _____

First Name _____

Address _____

City, State, Zip _____

T-shirt size: **Men's/Women's/Youth: S, M, L, XL, XXL**

Phone _____

E-mail _____

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 _____