

# SWIM!

# BIKE!

# RUN!

### ENTRY FEES:

|            | Before Feb 12 | Feb 12 & After |
|------------|---------------|----------------|
| Individual | \$30.00       | \$40.00        |
| Team       | \$50.00       | \$65.00        |

### CASH/CHECK/CREDIT CARD

#### CHECK PAYABLE TO:

**COMMUNITY Y OF MARSHALLTOWN**

**PLEASE DO NOT MAIL REGISTRATION AFTER  
FEBRUARY 12, 2010**

### WAVES:

Waves and starting times will be posted on the Community Y website, [www.ymca-ywca.org](http://www.ymca-ywca.org), February 26, 2010.

**First Wave 7:30 a.m.**

**Must be 10 years old on or before**

**February 27 to participate.**

**CHILDREN AGES 10 - 13 MUST BE ACCOMPANIED BY  
AN ADULT DURING THE EVENT**

### PRE-RACE MEETINGS:

Pre-race meetings will be held 15 minutes prior to every wave to cover the rules, layout of the event, and any questions from the participants. Race Day Director, Pat Beurskens, will have the final authority to remove a participant from the race for either rule violations or physical reasons.

| EVENT        | TIME ALLOTTED |
|--------------|---------------|
| SWIM         | 7 MINUTES     |
| TRANSITION 1 | 7 MINUTES     |
| BIKE         | 18 MINUTES    |
| TRANSITION 2 | 2 MINUTES     |
| RUN          | 15 MINUTES    |

### 7th Annual MY Y TRI Indoor Triathlon

The Marshalltown Community Y provides financial assistance to children and families who couldn't otherwise become members of the Y due to lack of funds. No one is denied access to memberships because of an inability to pay. The Y provides a safe atmosphere and a wide variety of programs designed to develop healthy spirit, mind and body. The Community Y can do this because of the generosity of individuals and businesses that contribute to the annual campaign and also with the money raised from special events including Hy-Vee My Y Tri.



### AWARDS:

- Top Female and Top Male  
\$50 SportsPage gift certificate
- 1st Place Team - Each members receives a  
\$25 SportsPage gift certificate
- Medal to 1st place male & female in each  
Age division  
10-20, 21-30, 31-40, 41-50, 51-60, Over 60

### HY-VEE TRIATHLON ENTRIES:

- Top Female and Top Male in each  
age division will receive an entry to the  
Hy-Vee Triathlon June 12 & 13, 2010  
**Age divisions for Hy-Vee Tri Entries  
30 and under, 31-40, 41-50, Over 50**

**Registration forms & payment to:  
Community Y of Marshalltown  
108 Washington Street  
Marshalltown, IA 50158**

The undersigned expressly accepts responsibility for participation in the Indoor Y Triathlon known as The Annual My Y TRI on February 27, 2010. The undersigned acknowledges that the triathlon is voluntary and that they are voluntarily participating. It is further acknowledged that said participation is not on behalf of the Community Y, employees, agents and representatives, sponsors, race officials and/or volunteers. The undersigned releases all liabilities, including all claims, demands and cause or causes or action of every nature affecting the undersigned which may have or ever claim to have in connection with the Indoor Triathlon known as MY Y TRI. The undersigned agrees that the above mentioned parties will be held harmless in the event of accident or incident causing damage or loss of property or injury to the undersigned. The undersigned also gives permission to the Community Y of Marshalltown to use without limitation or obligation, photographs, film footage, or tape recordings which may include my image or voice for the purposes of promotion or interpreting Y programs.

**I HAVE READ THE FOREGOING RELEASE,  
UNDERSTAND ITS TERMS AND FREELY AND  
VOLUNTARILY SIGN THE SAME.**

If I am under the age of 18, a minor, my parent or guardian has read and freely signs the same.

\_\_\_\_\_  
Signature of Participant (individual/team)      Date

\_\_\_\_\_  
Signature of Parent/Guardian If Under 18

\_\_\_\_\_  
Signature of Participant (team)      Date

\_\_\_\_\_  
Signature of Parent/Guardian If Under 18

\_\_\_\_\_  
Signature of Participant (team)      Date

\_\_\_\_\_  
Signature of Parent/Guardian If Under 18

**WINNERS DETERMINED BY TOTAL DISTANCE TRAVELED - TIES BROKEN BY BIKE DISTANCE THEN RUN DISTANCE**

# INDIVIDUAL & TEAM REGISTRATION

## CHOOSE ONE ENTRY TYPE:

INDIVIDUAL (\$30/\$40)

TEAM (\$50/\$65)

TEAM NAME \_\_\_\_\_

## INDIVIDUAL OR TEAM RUNNER:

NAME \_\_\_\_\_

Male  Female DOB \_\_\_\_\_

Estimated 5K Run Time \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_

PHONE \_\_\_\_\_

T-Shirt Size:  YM  YL  S  M  L  XL  XXL  
Add \$2.00 for XXL

\_\_\_\_ Alo -Dry Fit Short Sleeve Shirt add \$10

## SPECIAL REQUESTS

TOTAL ENCLOSED:

\$ \_\_\_\_\_

## Team BIKER:

NAME \_\_\_\_\_

Male  Female DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_

PHONE \_\_\_\_\_

T-Shirt Size:  YM  YL  S  M  L  XL  XXL  
Add \$2.00 for XXL

\_\_\_\_ Alo -Dry Fit Short Sleeve Shirt add \$10

## Team SWIMMER:

NAME \_\_\_\_\_

Male  Female DOB \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL \_\_\_\_\_

PHONE \_\_\_\_\_

T-Shirt Size:  YM  YL  S  M  L  XL  XXL  
Add \$2.00 for XXL

\_\_\_\_ Alo -Dry Fit Short Sleeve Shirt add \$10

## SHIRT OPTION

All registered participants will receive a short sleeve t-shirt. Those who wish to upgrade to an Alo Dry Fit short sleeve shirt may do so for an **additional \$10.**



**FEBRUARY 27, 2010**

**SWIM!**

**BIKE!**

**RUN!**

**INDOOR TRIATHLON**

**Community Y of Marshalltown**

Horne-Henry Center

108 Washington

Marshalltown, Iowa 50158

641.752.8658

FAX 641.752.3324

[www.ymca-ywca.org](http://www.ymca-ywca.org)

Denise Case, Event Coordinator

[denise.case@ymca-ywca.org](mailto:denise.case@ymca-ywca.org)



eliminating racism  
empowering women  
**ywca**

**ALL participants MUST sign Release of Liability on inside of registration form.**