

## THE EVENT

First Wave 7:30 a.m.  
Must be 10 years old on or before  
February 25 to participate.

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

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

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

## 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.

The Race Day Director will have the final authority to remove a participant from the race for either rule violations or physical reasons.

**Waves and starting times will be posted on  
the Community Y website,  
www.ymca-ywca.org, February 24, 2012.**

## REGISTRATION

**Registration forms & payment to:  
Community Y of Marshalltown  
Attention: Rita Hummel  
108 Washington Street  
Marshalltown, IA 50158  
Please do not mail after Feb. 12th  
PHONE 641-752-8658  
FAX 641-752-3324**

**Rita.hummel@ymca-ywca.org  
NO SUBSTITUTIONS OR REFUNDS**

If participating with a friend, please indicate if you would like to be grouped together. Groups of no more than four please.

## HY-VEE TRIATHLON RAFFLE

### Hy-Vee Triathlon Entries:

Participants will have an opportunity to purchase raffle tickets to enter drawing to win one of four 2012 Hy-Vee Triathlon entries, held in Des Moines in the Summer of 2012 (Valued at approximately \$200 per entry). Participants may purchase raffle tickets in advance and pick up with race packet day of event. Tickets may also be purchased day of event. Must be a registered participant to enter raffle, but need not be present at drawing to win. A participant is eligible to win only one Hy-Vee Triathlon entry, regardless of number of raffle tickets purchased.

## AWARDS

- Medal to 1st place male & female overall and \$50 Sports Page gift certificate
- 1st place team each receives medal and \$25 Browns Shoe Fit gift certificate
- Medal to 1st place male & female in each age division as follows: 10-20, 21-30, 31-40, 41-50, 51-60, Over 60

Distance will be calculated for each participant that chooses to be scored, however, all abilities are encouraged to participate at their own comfort level with the option to not compete and just complete! The main objectives are to raise funds for Partner with Youth program, promote health & wellness and have FUN!!!!

## THE 2012 PARTNER WITH YOUTH CAMPAIGN

The Community Y of Marshalltown 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 the Hy-Vee My Y Tri.

## PACKET PICK-UP

Saturday, February 25, 2012  
Pool Side: Beginning @ 7 a.m.

## 3 LIABILITY RELEASE

The undersigned expressly accepts responsibility for participation in the Indoor Y Triathlon known as The Annual My Y TRI on February 25, 2012. 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

# 1 CHOOSE ENTRY

- INDIVIDUAL (\$30/\$40)
- TEAM (\$50/\$65)

	Before Feb 12	Feb 12 & After
Individual	\$30	\$40
Team	\$50	\$65

# 2 PARTICIPANT INFO.

## INDIVIDUAL OR TEAM RUNNER:

NAME \_\_\_\_\_  
 \_\_\_ M \_\_\_ F DOB \_\_\_\_\_ Age \_\_\_\_\_

- I choose to compete  
(Estimated 5K Run Time \_\_\_\_\_)
- I/we choose to not compete, just complete!  
(distance will not be listed in results or considered for awards)

ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 E-MAIL \_\_\_\_\_  
 PHONE \_\_\_\_\_

# of Hy-Vee Tri raffle tickets at \$1 each: \_\_\_\_\_  
 (For every 5 tickets purchased get 2 free!)  
 T-Shirt Size: \_\_\_YM \_\_\_YL  
 \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL  
**Add \$2 for XXL**  
 Optional: Alo-Dry Fit Cotton \_\_\_\_\_ (Add \$10)

## TOTAL AMOUNT DUE

- Entry fee: \_\_\_\_\_
- Optional Dry Fit Shirt(s) \$10 each \_\_\_\_\_
- XXL add \$2 \_\_\_\_\_
- Hy-Vee Tri Raffle, \$1/ticket \_\_\_\_\_
- Total amount due:** \_\_\_\_\_

# \*\*\*TEAMS\*\*\*

**Team Participant NOTE—PLEASE READ!** Up to three people may be on a team (For example: one to swim, one to bike and one to run, or any combination).

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

### TEAM BIKER:

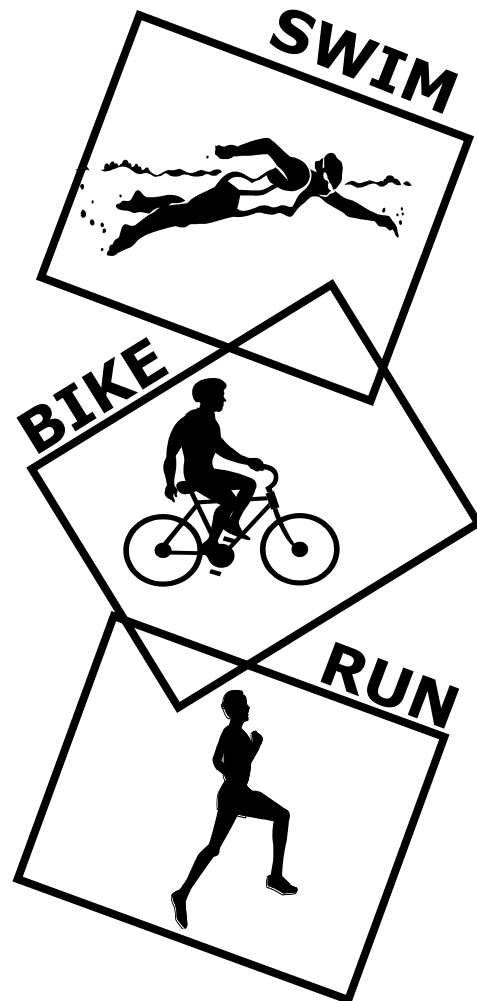
NAME \_\_\_\_\_  
 \_\_\_ M \_\_\_ F DOB \_\_\_\_\_ Age \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 E-MAIL \_\_\_\_\_  
 PHONE \_\_\_\_\_

# of Hy-Vee Tri raffle tickets at \$1 each: \_\_\_\_\_  
 (For every 5 tickets purchased get 2 free!)  
 T-Shirt Size: \_\_\_YM \_\_\_YL  
 \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL  
**Add \$2 for XXL**  
 Optional: Alo-Dry Fit Cotton \_\_\_\_\_ (Add \$10)

### TEAM SWIMMER:

NAME \_\_\_\_\_  
 \_\_\_ M \_\_\_ F DOB \_\_\_\_\_ Age \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 E-MAIL \_\_\_\_\_  
 PHONE \_\_\_\_\_

# of Hy-Vee Tri raffle tickets at \$1 each: \_\_\_\_\_  
 (For every 5 tickets purchased get 2 free!)  
 T-Shirt Size: \_\_\_YM \_\_\_YL  
 \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL  
**Add \$2 for XXL**  
 Optional: Alo-Dry Fit Cotton \_\_\_\_\_ (Add \$10)



**Community Y of Marshalltown**  
**February 25, 2012**