



# Sprint Triathlon

Wapakoneta Family YMCA

June 22, 2019

Please join us at the Wapakoneta Family YMCA for a Sprint Triathlon on June 22! It will consist of a 750 meter swim, 20 kilometer bicycle ride(12.4mi), and a 5 kilometer(3.1mi) run! The pool at the Y will be used for the swim while the cycling and running will be done outside through the countryside and flower streets of Wapakoneta. The first wave of 6 people will begin at 8:00 am sharp and the last wave will be at 2:30 pm. Please fill out a registration form and turn it in to the front desk. You will be able to choose your top 3 start times and you will be notified through a phone call which one of them is assigned to you. Medals will be awarded to the top 3 men and top 3 women! After you have finished please stop by the community room to refuel!

## Sprint Triathlon Registration Form

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birth Date \_\_\_\_\_ Emergency Name \_\_\_\_\_ Emergency Phone \_\_\_\_\_

Please circle one:

Member \$35

Member w/t-shirt \$45

Access Members \$50

Access Member w/t-shirt \$60

Shirt size: S M L XL XXL (add\$2)

Choose your top 3 start time preferences:

8:00am \_\_\_\_\_ 8:30am \_\_\_\_\_

9:00am \_\_\_\_\_ 9:30am \_\_\_\_\_

10:00am \_\_\_\_\_ 10:30am \_\_\_\_\_

11:00am \_\_\_\_\_ 11:30am \_\_\_\_\_

12:00pm \_\_\_\_\_ 12:30pm \_\_\_\_\_

1:00pm \_\_\_\_\_ 1:30pm \_\_\_\_\_

### Consent to Participate & Release of YMCA from Liability

I agree to the following:

a. I will follow the rules and policies of the Wapakoneta Family YMCA. I agree that the rules and policies should be followed by my son, daughter, or other child and I will support the YMCA in that regard.

b. I understand the risks associated with the activity I or my son, daughter, or other child will engage in at the YMCA, and being so informed, I knowingly accept these risks and consent to participation in the activity. I will supervise my child's participation, if I believe it is prudent. I release the Wapakoneta Family YMCA and agree to hold it harmless from any and all liability, damage or loss of any kind whatsoever caused by my participation or the participation of my son, daughter or other child in the above referenced activity.

I have agreed to the above statements, release, and indemnification provision on my own behalf, my child's behalf, and on behalf of my heirs, executors, personal representatives, and assigns and I intend to be legally bound hereby.

I grant permission to the Wapakoneta Family YMCA to publish, distribute, or otherwise use photographs taken of me, my child, or other participants during any and all YMCA activities for YMCA promotional purposes.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_ (Parent of Participant under 18 years of age)

Signature: \_\_\_\_\_ (Adult Participant)