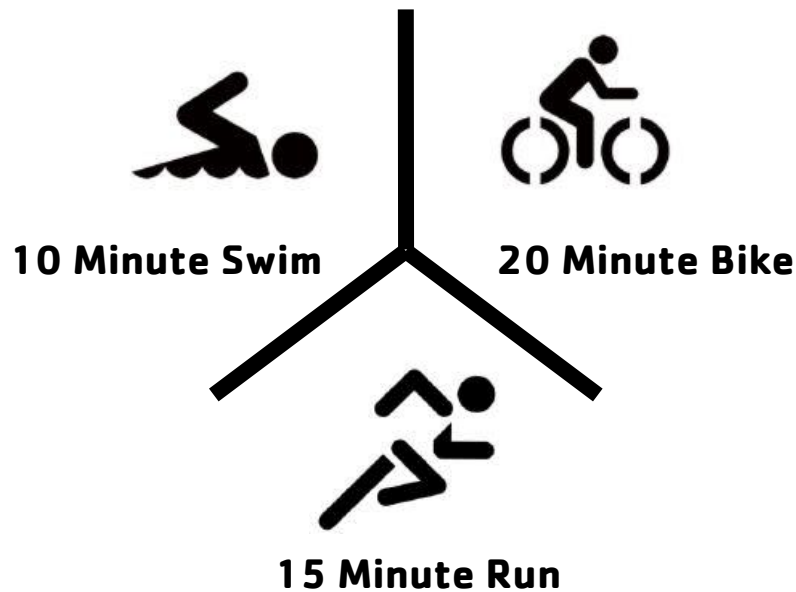


The 2015 Fox Valley Regional YMCA Indoor Triathlon Series APPLETON EVENT



- WHEN:** Saturday February 14, 2015
- WHERE:** Appleton YMCA
218 E. Lawrence St.
Appleton, WI 54911
- TIME:** The first wave will start at 10:00 AM sharp. Please make sure you are checked in at registration 20-30 minutes before your wave will start. Each wave will start 30 minutes apart and start promptly at its posted starting time. Start times will be available three days prior to the race date. When your time is posted, it is final.
- ENTRY FEE:** \$45 for all participants. The entry fee includes t-shirt. Registration closes Mon Feb 9 at 5 PM. Register thru Active.com or complete and return this form to the Appleton YMCA. All proceeds from this event benefit the YMCA's Annual Campaign.
- DIVISIONS:** Male/Female & Age Group. There is a minimum age of 8 years AND height of 4'10" to participate. Age groups are: 8-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-49, 50-59, 60-69 & 70+.
- AWARDS:** Medals will be awarded for 1st place in each age group and overall male and female. Participants competing in all three races are eligible for Overall Series awards. An award ceremony will take place 15-20 minutes following the final wave.
- INFO:** **Participation is limited.** Each wave will consist of up to 12 participants and it will take 1 hour to complete the event. Each wave will have assigned start and finish times for each event. MP3 players/iPods **are allowed** to be used as long as you can hear the instructions of the race staff. The length and order of events & transitions will be:
- 10 Minute Swim,
 - 10 Minute Transition,
 - 20 Minute Bike,
 - 5 Minute Transition,
 - 15 Minute Run (On Indoor Track)
- For information, contact Heidi Bohl at (920) 954-7651 or hbohl@ymcafoxcities.org

ENTRY FORM

2015 FOX VALLEY REGIONAL YMCA INDOOR TRIATHLON – APPLETON EVENT

(PLEASE PRINT)

NAME: _____ AGE: _____ GENDER: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ HOME Y (IF Y MEMBER): _____

EMAIL ADDRESS: _____

Wave Start Times

1	2	3	4	5	6	7	8	9	10
10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30

List Wave Preference (3 choices): 1) _____, 2) _____, 3) _____

T-SHIRT SIZE (IN MEN'S):

SMALL: _____ MEDIUM: _____ LARGE: _____ XL: _____ 2XL: _____ 3XL: _____

YOUTH MEDIUM: _____

TOTAL AMOUNT ENCLOSED: \$ _____

(Make all checks payable to **Appleton YMCA**)

RELEASE FROM LIABILITY

READ THIS RELEASE CAREFULLY!

WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS!

In consideration of the acceptance of my entry form for the 2015 FOX VALLEY REGIONAL YMCA INDOOR TRIATHLON SERIES - APPLETON EVENT, I intend to be legally bound, for not only myself but also my heirs, my executors and my administrators. In signing this release from liability I waive and release everyone connected with this competition from any and all liability which may arise from this competition.

I agree to pay all attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this release from liability form. I understand that my agreement to pay attorney fees and litigation expenses is the sine qua non for the acceptance of my entry in this series.

SIGNATURE IN FULL OF APPLICANT: _____

SIGNATURE IN FULL OF PARENT OR GUARDIAN IF THE APPLICANT IS UNDER 18 YEARS OLD

**Mail to: APPLETON YMCA
 C/o Heidi Bohl
 218 E. Lawrence St.
 Appleton, WI 54911**