



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SWIM BIKE RUN

WINTER INDOOR TRIATHLON 2013

SATURDAY, FEBRUARY 2 • DOWNTOWN Y

10-MIN SWIM | 20-MIN BIKE | 15-MIN RUN

AGES: 10 yrs + (max 80 participants)

ENTRY: \$20 Members, \$30 non-Members; TEAM: \$10/person

Please make sure you are checked in at registration 20-30 minutes before your wave will start. **THE FIRST WAVE WILL START AT 12:00 NOON SHARP.** Each wave will start 30 minutes apart, promptly at its posted time. START TIMES WILL BE POSTED ONLINE ONE WEEK PRIOR TO THE RACE START DATE. WHEN YOUR TIME IS POSTED IT IS FINAL!

REGISTRATION: All entries must be received by 5 PM on January 28, 2013. Preference of wave choice will be given to those who participate in both races. The entry fee includes t-shirt.

DIVISIONS: Male/Female, Age Group & Team. AGE GROUPS are: 10-13, 14-17, 18-23, 24-29, 30-39, 40-49, 50-59, 60-69 & 70+. Teams consist of three people with one person doing each event for that team. Teams may be a mix of gender and age but compete against all other teams only.

AWARDS: Medals will be awarded for 1st-3rd place in each age group, teams, and by gender overall. An award ceremony will take place 15-20 minutes following the final wave. Location TBD.

Participation is limited. Each wave will consist of 8 participants. Each wave will take 1 hour to complete. 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 commands of the race staff. The length and order of events & transitions will be:

- **10-MINUTE SWIM**
 - 10-Minute Transition
- **20-MINUTE BIKE** (LeMond Spinning Bikes)
 - 5-Minute Transition
- **15-MINUTE RUN** (Indoor Track)

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324 Washington Ave. 236-3380 www.oshkoshymca.org

All entries must be received by 5 PM on January 28, 2013.

ENTRY FORM

2013 WINTER INDOOR TRIATHLON (PLEASE PRINT)

NAME _____

AGE GENDER _____

ADDRESS _____

CITY, STATE, ZIP _____

PHONE _____

TEAM NAME _____

WAVE START TIMES

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

(1) _____ (2) _____ (3) _____

LIST WAVE PREFERENCE (3 choices)

T-SHIRT SIZE:

SM MED LG XL XXL

TOTAL AMOUNT ENCLOSED: \$ _____

(Make all checks payable to **Oshkosh 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 2013 OSHKOSH YMCA WINTER INDOOR TRIATHLON, 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 APPLICANT IS UNDER 18 YEARS OLD _____

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