Start

Please list your preferred start time on the registration form. Heat times will be filled on a first come, first served basis.

The heat times are as follows:

7:05   7:20   7:50

(7:05am–7:50am duathlon only)

8:05	8:30	8:50	9:10	9:30	9:50
10:10	10:30	10:50	11:10	11:30	11:50
12:10	12:30	12:50	1:10	1:30	1:50

The Duathlon will start at 7:05am. The number of heats will be determined by the number of registrants. You will be notified via email the week prior to the event of your heat time. **Please provide a clear, up to date email address on the registration form.**

Registration

Please drop off this form at the front desk. All registrations must be received prior to May 20th. There will be no registrations accepted on race day.

Awards

All participants will receive a finisher's gift. Medals will be presented to the top 3 overall men and women finishers in all categories.

the **Y**
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH SPIN DASH

JUNE 16, 2018

INDOOR TRIATHLON CAROLINE FAMILY YMCA

the **Y**

Questions?
Contact:
Jamie Hilliard
Wellness Manager
jhilliard@family-ymca.org
(804) 448-9622 ex. 4011

THE EVENT

This indoor triathlon offers a twist on the traditional triathlon. Participants will compete based upon distance completed within an allotted time frame. Athletes will compete in one of the following age groups 11-14 years old, 15-49 years old, 50 & older.

TRIATHLON

SPRINT

- SWIM (15 MINUTES)
- TRANSITION 1 (10 minutes)
- BIKE (15 minutes) *stationary bikes provided*
- TRANSITION 2 (5 minutes)
- RUN (15 minutes)

ENDURANCE

- SWIM (30 minutes)
- TRANSITION 1 (10 minutes)
- BIKE (30 minutes) *stationary bikes provided*
- TRANSITION 2 (5 minutes)
- RUN (30 minutes)

DUATHLON

- RUN (15 minutes)
- TRANSITION 1 (5 minutes)
- BIKE (15 minutes) *stationary bikes provided*
- TRANSITION 2 (5 minutes)
- RUN (15 minutes)

FEES

Member:

$25 Sprint/Duathlon

$30 Endurance

Non-Member:

$30 Sprint/Duathlon

$35 Endurance

DATE AND TIME

Saturday, June16, 2018 from 8am – 2pm. Staggered start times will be assigned 20 minutes apart.

Participants ages 11-14 must have the same start time as their parent.

CAROLINE FAMILY YMCA INDOOR TRIATHLON & DUATHLON REGISTRATION FORM

Name: _____

Date of Birth: ___/___/___   Age: ___

Address: _____

Phone: _____ City: _____ State: ____ Zip: ____

Email: _____ Circle One: Sprint, Endurance, Duathlon

Emergency Contact: _____ Phone: _____ Preferred Start Time: _____

WAVIER: I know that running, walking, cycling and swimming a triathlon is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I assume the risk of running, cycling on this track/bike. I also know that, although trained lifeguards will be provided, there is risk associated with swimming in a pool. I also assume any and all other risks associated with participating in this event including but not limited to falls, contact with participants, the effects of temperature including high heat or humidity, all such risks being known and by me. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim in my behalf, covenant not to sue, and waive, release and discharge the Caroline Family YMCA, the Rappahannock YMCA Association, all sponsors, the Commonwealth of Virginia, City of Ruther Glen, Race Officials and volunteers, any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen, or unforeseen, known, or unknown. The undersigned grants permission for the YMCA, all sponsors and/or agents authorized by them, to use any photographs, videotapes, motion pictures, recording or any other record of this event for any purpose. Application for minors will be accepted only with parent's signature.

Participant Signature: _____ Date: _____ Member: Y N (circle one)