

Join in the fun of the 4th Annual Indoor Triathlon at the Community Y of Marshalltown!

Proceeds go to the Annual 2007 Partner With Youth Campaign.



February 3, 2007

First Wave at 8 a.m.

Minimum age to participate is 10
CHILDREN AGES 10 - 13 MUST BE ACCOMPANIED BY A
RESPONSIBLE CAREGIVER DURING THE EVENT

Entry Fees

\$25/\$35 (late) per person by January 26, 2007 \$45/\$60 (late) per team by January 26, 2007 DO NOT MAIL REGISTRATION AFTER 1-26-07

Packet Pickup

- ⇒ Friday, February 2, 2007 in the lobby 5 7 p.m.
- ⇒ Saturday, February 3, 2007 pool side 6:30 a.m.

Late Registration

All late registrations will be added to the later waves.

Waves

Waves and starting times will be posted on the Community Y website, www.ymca-ywca.org, by February 2, 2006. The waves will also be posted during packet pickup.

Volunteers

If you are interested in volunteering during the event, please contact Julie Fichtner, Event Coordinator, 641.352.5030.



Pre-Race Meetings

There will be pre-race meetings to cover the rules, layout of the event, and any questions from the participants 15 minutes prior to every wave.

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

The Awards Ceremony IMMEDIATELY FOLLOWING THE FINAL WAVE

PRIZE TO OVERALL WINNERS Female and Male * RUNNING SHOES *



DONATED BY

Overall Winners: Top Female and Top Male

Age Group Winners: Top Female and Top Male (10 year age groups)

(1) 1 1 1 2 1 2 1 1 1

Top Team (any gender): \$25 Sports Page gift certificates

to each team member

MEDAL TO FIRST PLACE - NO DUPLICATE WINNERS

Refreshments provided after event for participants



Release of Liability

The undersigned expressly accepts responsibility for partication in the Indoor Y Triathlon known as The Annual Sports Page My Y TRI on February 3, 2007. 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.

I HAVE READ THE FOREGOING RELEASE, UNDERSTAND ITS TERMS AND FREELY AND VOLUNTARILY SIGN THE SAME.

MINIMUM AGE TO PARTICIPATE IS 10

CHILDREN AGES 10 - 13 MUST BE ACCOMPANIED BY A RESPONSIBLE CAREGIVER DURING THE EVENT

If I am under the age of 18, a minor, my parent or guardian has read and freely signs the same.

Date:	 	
G:		
Signature:	 	

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

In Wave With:					
Registration Form (PHOTOCOPY FOR TEAM NAMES) Male Female					
Name Team* Name Mark For Tea Address	ım Only	Sv	im _	Bike _	Run
City	BirthdateAge on Race Day				
State				-	
Email					
Estimated 5K	time_				
T-shirt size:	S□	м□	L□	XL □	XXL□
					Add \$2 for XXL
All participants rece	ive a long	-sleeved t	-shirt an	d post-race r	efreshments

FEES: \$25 per individual postmarked 1-26-07 \$35 late registration \$45 per Team postmarked 1-26-07 \$60 late registration

TOTAL ENCLOSED: \$_____

Make checks payable to the Community Y of Marshalltown Mail to 108 Washington Street, Marshalltown, IA 50158

DO NOT MAIL REGISTRATION AFTER January 26, 2007

Deliver to 108 Washington - Horne-Henry Center

Office Use Only
Receipt No
Date:
Amt: \$

See inside of flyer for Release of Liability. Signed release by all participants MUST accompany completed Registration Form.

2007 PARTNER WITH YOUTH CAMPAIGN

This event is the official kickoff to the Annual 2007 Partner With Youth Campaign, which runs the month of February. This is the *4th Annual MY Y TRI Indoor Triathlon sponsored by the Sports Page*

The Marshalltown Community Y provides financial assistance to children and families who couldn't otherwise become members of the Y due to lack of funds. The philosophy is that no one is denied access to memberships because of an inability to pay fees. The Y provides a safe atmosphere and a wide variety of programs designed to develop healthy spirit, mind and body. We can do this because of the generosity of individuals and businesses that contribute to our annual campaign and also with the money raised from special events including MY Y TRI. Our 2007 goal is \$105,000.

Please join us for this fun project AND help our youth at the same time!

*Team Participants PLEASE READ!

Teams will be allowed this year. Up to three people may be on a team. For example, one to swim and another to bike and run or any combination.

Please list all additional team information by photocopying the Registration Form. Each member of the team must complete their individual registration form. Be sure to include the name of the person for each event (the swim, the bike, the run).

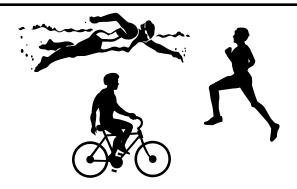
List a <u>TEAM NAME</u> in addition to individual names.

Team registrations must be stapled and turned in together.

THE 4TH ANNUAL MY Y TRI

SPONSORED BY





Indoor Triathlon

February 3, 2007

Community Y of Marshalltown
Horne-Henry Center
108 Washington
Marshalltown, Iowa 50158
641.752.8658
Julie Fichtner, Event Coordinator
julie.fichtner@ymca-ywca.org



eliminating racism empowering women **ywca**

^{*} Team Participants please refer to the back of the brochure