

MY

Y

TRI

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.



MY Y TRI

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)

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 participation 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: _____

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 Team Only ___Swim ___Bike ___Run

Address _____

City _____ Birthdate _____

Age on Race Day _____

State _____ Zip _____ Phone _____

Email _____

Estimated 5K time _____

T-shirt size: S M L XL XXL

Add \$2 for XXL

All participants receive a long-sleeved t-shirt and post-race refreshments

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.

* Team Participants please refer to the back of the brochure

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 TEAM NAME 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