

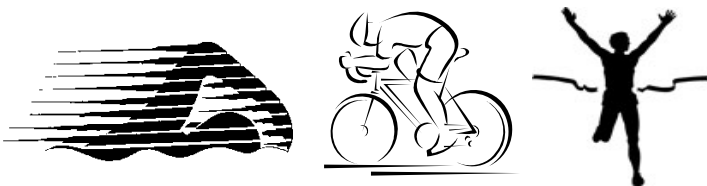
11<sup>th</sup> - Annual

# Y Garden City Big Pool Triathlon

July 25, 2009

Individual or Team

400 Meter Swim – 12.5 Mile Bike – 5K Run



**MAKE THIS A FAMILY EVENT!**

### YOUTH Triathlon Divisions

<u>"Swimmers"</u>	<u>"Non-swimmers"</u>
100 Meter Swim	50 Meter Swim
1 Mile Bike	1 Mile Bike
.5 Mile Run	.5 Mile Run

**Start time: 10 a.m.**

**Awards:** Top two males, top two females, and top two teams in each division

**Divisions:** Individual: Male and female 18-24, 25-34, 35-44, 45-54, and 55+  
Team: Male, female and co-ed

**T-shirts:** Included for participants. Available for non-participants at \$12.

**Time:** Registration starts at 6:30 a.m.  
Races start at 7:30 a.m.

**Location:** Garden City Lee Richardson Zoo and Big Pool at 405 S. 4<sup>th</sup>

**Individual Fee:** Member \$20  
Program Participant \$40

**Team Fee:** \$50 (Male, Female, Co-ed)

**Deadline:** July 21, 2009.

Late registrations will be accepted with a \$5 late fee.  
T-shirt sizes for late entries will not be guaranteed.

**Questions: Contact YMCA Fitness Director Stacy Crase at (620) 275-1199 or [gckymca.fitness@gmail.com](mailto:gckymca.fitness@gmail.com).**

*\*\*\*Must wear bike helmet during bike portion of the race*

### Big Pool Triathlon Registration Form

Individual  Team  Youth

Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Gender: M F T-shirt Size: \_\_\_\_\_

\*\*\*If signing up a team, please include a list of all teammates and events.

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Approximate 400 swim time (100 swim time if YOUTH) \_\_\_\_\_

I know that the triathlon is potentially a hazardous activity. I should not enter and compete unless I am medically able. I assume and accept all risks associated with this event. Reading this waiver, I and anyone acting on my behalf, waive and release the Garden City Family YMCA, its employees and volunteers from all claims or liabilities of any kind arising out of my participation in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_