

Individual Indoor Triathlon

Saturday, October 31



10 Minute Swim

30 Minute Bike

20 Minute Run

GO FOR YOUR PERSONAL BEST!!

- Participants will be assigned to heats
- First heat starts at 7:30 am.
- Check-in 30 minutes before your heat

Cost: \$18 Members; \$34 Community Members
All participants will receive a Y Tri t-shirt.

Registration Deadline: October 19, 2009 *(to ensure t-shirt delivery)*

Name _____

Address _____ City _____ Zip _____

Phone Numbers Home _____ Work _____ Cell _____

E-Mail Address _____

Age category: 11-17 years old 18+ years old 62+ years old

T-Shirt Size: Womens Mens S M L XL XXL

What level best describes your swimming ability? Beginner Intermediate Advanced

Would you be willing to volunteer before/after your heat? Yes No

Do you know anyone else who may be interested in helping with the indoor triathlon? Yes No

FOR OFFICE USE ONLY: Date ____/____/____ Staff Signature _____

Amount Paid \$ _____ Cash Check # _____ MC Visa Discover

Credit Card Number _____ Expiration ____/____/____