



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SWIM BIKE RUN

## SPRING INDOOR TRIATHLON 2012

**SATURDAY, MARCH 31 • 20TH AVE Y**

**10-MIN SWIM | 20-MIN BIKE | 15-MIN RUN**

**AGES:** 10 yrs + (max 80 participants)

**ENTRY:** \$20 Members, \$30 non-Members

Please make sure you are checked in at registration 20-30 minutes before your wave will start. **THE FIRST WAVE WILL START AT 12:00 NOON SHARP.** Each wave will start 30 minutes apart, promptly at its posted time. **START TIMES WILL BE POSTED ONLINE ONE WEEK PRIOR TO THE RACE START DATE. WHEN YOUR TIME IS POSTED IT IS FINAL!**

**REGISTRATION:** All entries must be received by 5 PM on Mon, March 26. If you participated in the Winter race you get \$5 off of your entry fee. Preference of wave choice will be given to those who participate in both races. The entry fee includes t-shirt.

**DIVISIONS:** Male/Female, Age Group & Team. **AGE GROUPS** are: 10-13, 14-17, 18-23, 24-29, 30-39, 40-49, 50-59, 60-69 & 70+. Teams consist of three people with one person doing each event for that team. Teams may be a mix of gender and age but compete against all other teams only.

**AWARDS:** Medals will be awarded for 1st-3rd place in each age group, teams, and by gender overall. An award ceremony will take place 15-20 minutes following the final wave. Location TBD.

**Participation is limited.** Each wave will consist of 8 participants. Each wave will take 1 hour to complete. Each wave will have assigned start and finish times for each event. MP3 players/iPods are allowed to be used as long as you can hear the commands of the race staff. The length and order of events & transitions will be:

- **10-MINUTE SWIM**
  - 10-Minute Transition
- **20-MINUTE BIKE** (LeMond Spinning Bikes)
  - 5-Minute Transition
- **15-MINUTE RUN** (Indoor Track)

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All entries must be received by 5 PM on Mon, March 26.

## ENTRY FORM

### 2012 SPRING INDOOR TRIATHLON (PLEASE PRINT)

NAME \_\_\_\_\_

AGE GENDER \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

TEAM NAME \_\_\_\_\_

Did you participate in the Winter race?  Y  N

#### WAVE START TIMES

**1** 12:00 | **2** 12:30 | **3** 1:00 | **4** 1:30 | **5** 2:00  
**6** 2:30 | **7** 3:00 | **8** 3:30 | **9** 4:00 | **10** 4:30

(1) \_\_\_\_\_ (2) \_\_\_\_\_ (3) \_\_\_\_\_

LIST WAVE PREFERENCE (3 choices)

#### T-SHIRT SIZE:

SM  MED  LG  XL  XXL

**TOTAL AMOUNT ENCLOSED:** \$ \_\_\_\_\_  
(Make all checks payable to **Oshkosh YMCA**)

#### RELEASE FROM LIABILITY

**READ THIS RELEASE CAREFULLY!**  
**WHEN YOU SIGN IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS!**

In consideration of the acceptance of my entry form for the 2012 OSHKOSH YMCA SPRING INDOOR TRIATHLON, I intend to be legally bound, for not only myself but also my heirs, my executors and my administrators. In signing this release from liability I waive and release everyone connected with this competition from any and all liability which may arise from this competition.

I agree to pay all attorney fees and litigation expenses incurred by any person, real or corporate, whom I may sue in an effort to challenge this release from liability form. I understand that my agreement to pay attorney fees and litigation expenses is the sine qua non for the acceptance of my entry in this series.

SIGNATURE IN FULL OF APPLICANT \_\_\_\_\_

SIGNATURE IN FULL OF PARENT OR GUARDIAN IF APPLICANT IS UNDER 18 YEARS OLD \_\_\_\_\_

**MAIL TO: OSHKOSH YMCA**  
**C/O DAN BRAUN 324 WASHINGTON AVE.**  
**OSHKOSH WI 54901**