

Legal Waiver

In the consideration of acceptance of this entry in the Baierl Family YMCA Triathlon to be held on February 24, 2008, I the undersigned participant (and if under 18 years of age, a parent of guardian) intending to be legally bond, do hereby for myself, my heirs, executors, and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may here-after accrue to me, against any and all persons, organizations, and legal entities affiliated with this race, for any and all damages which may be sustained or suffered by me in connection with this race. I also attest that to the best of my knowledge my physical condition and fitness are adequate for me to safely compete in this triathlon and that no one has advised me against competing.

Signature _____ Date _____

Signature _____ Date _____

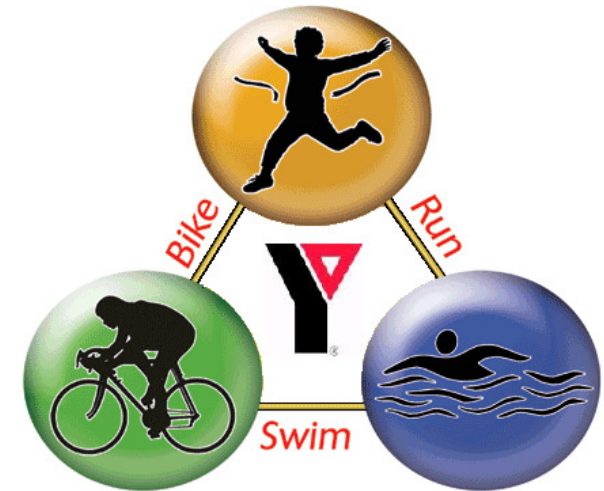
Signature _____ Date _____



Baierl Family YMCA
2565 Nicholson Road
Sewickley, PA 15143
(724) 934-9622



Baierl Family YMCA Kid's Indoor Triathlon 2010



February 21, 2010
8:00 a.m. check-in
Heats begin at 8:30 a.m.

Questions: Call Greg at
(724) 934-9622

The Race Course

Swim

- 100 yards (4 laps) Ages 8-10
- 150 yards (6 laps) Ages 11-14

Bike

- 2 miles (spin bike)

Run

- 1 mile (treadmill)

A flat and fast course, you set the intensity! All participants will receive race T-shirt, fruit and plenty of water.

Entry Fees

Registration Deadline is February 17th.

Make checks payable to and mail the completed form to:

Baierl Family YMCA
2565 Nicholson Rd.
Sewickley, PA 15143

All proceeds benefit the YMCA Campaign for Strong Communities.

Cost per Participant: \$25

*After February 17th, registration will be closed. No race-day registrations will be accepted.

Awards

Top 3 Male Ages 8-10

Top 3 Male Ages 11-14

Top 3 Female Ages 8-10

Top 3 Female Ages 11-14

Male/Female Age Groups:

8-10

11-14

HEATS

There will be multiple heats, which will be assigned by age group. Heats will take place every ten to fifteen minutes starting in the pool.

All participants must be at the starting line by 8:25 a.m. to ensure a safe and timely start. Race will begin at 8:30 a.m. sharp.

Heat times and rules will be posted the week prior to the event. Informational packets will also be available at the welcome center one week prior to the event.



Baierl Family YMCA Indoor Triathlon

February 21, 2010

Registration Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Age on race day: _____ Gender: M F

T-shirt Size: S M L XL

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Age on race day: _____ Gender: M F

T-shirt Size: S M L XL

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Age on race day: _____ Gender: M F

T-shirt Size: S M L XL