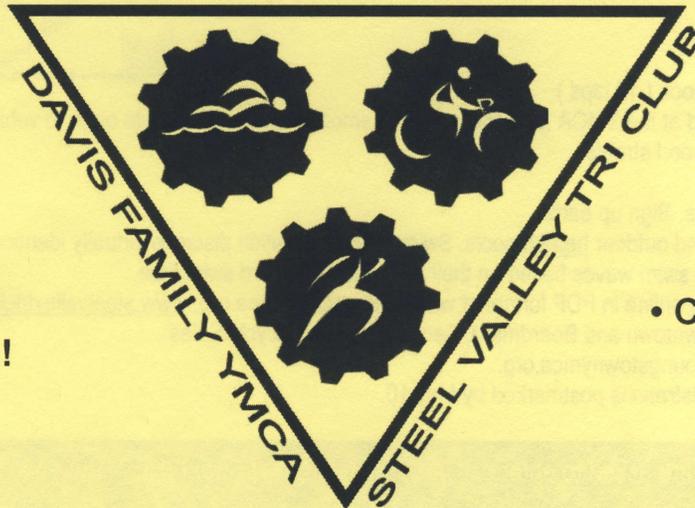


Davis Family YMCA/Steel Valley Triathlon Club

SPRINT DISTANCE TRIATHLON



Sunday, May 17, 2009
SPRINT DISTANCE TRIATHLON



- Great Venue!
- Great Courses!

- Chip Timing!

www.steelvalleytriclub.org

ENTRY FORM

Make Checks Payable & Mail To:

Davis Family YMCA
 45 McClurg Road • Boardman, OH 44512
 330 480-5656

ENTRY FEE
 \$45.00

Proceeds benefit those in our community who would otherwise be unable to afford YMCA membership or programs.

Name _____ DOB ____/____/____ Age on race day _____

Address _____ City _____ St. _____ Zip _____

Phone _____ E-mail _____ **Shirt Size:** S M L XL

500 Yard Swim Time _____ Min. _____ Sec.

(Must be filled in or you will be placed in last wave. Be Realistic!)

Special thanks to Boardman, Beaver, Poland and Springfield Township Police and Mahoning County Sheriffs Dept. for cooperatively providing traffic control for runners and cyclists.

- | | |
|--------------------------------|--------------------------------|
| <input type="checkbox"/> 14-24 | <input type="checkbox"/> 14-24 |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> 25-29 |
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> 30-34 |
| <input type="checkbox"/> 35-39 | <input type="checkbox"/> 35-39 |
| <input type="checkbox"/> 40-44 | <input type="checkbox"/> 40-44 |
| <input type="checkbox"/> 45-49 | <input type="checkbox"/> 45-49 |
| <input type="checkbox"/> 50-54 | <input type="checkbox"/> 50-54 |
| <input type="checkbox"/> 55-59 | <input type="checkbox"/> 55-59 |
| <input type="checkbox"/> 60+ | <input type="checkbox"/> 60+ |

WAIVER: I know that participating in a triathlon is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to safely completing the race. I assume all risks associated in swimming, biking and running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Youngstown YMCA, Boardman, Beaver, Springfield and Poland townships, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participating in this event. No refunds or transfers for any reason. No Rain Date. Race will be held rain, snow or shine.

SIGNATURE _____ PARENT'S SIGNATURE (If under age 18) _____

SCHEDULE OF EVENTS – YMCA SPRINT TRIATHLON

SUNDAY – May 17, 2009

Swim 500 yards, Bike 14.5 Miles, Run 5K

Start Time: 7:30 a.m. First swim start

Location: Davis Family YMCA – 45 McClurg Road, Boardman, OH 44512

Phone: (330) 480-5656



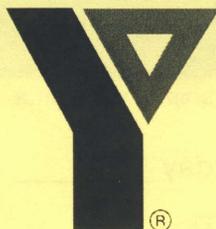
Course Information:

- 500-yard swim in 25 yard pool. (10 laps)
- 14.5-mile bike start and end at the YMCA featuring a scenic, smooth, challenging route open to vehicular traffic.
- 5-K Run through neighborhood streets

More:

- Race limited to 154 entrants. Sign up early.
- Swim held in both indoor and outdoor heated pools. Swim to bike transition distance virtually identical. Max water depth 5'.
- All participants seeded into swim waves based on their estimated 500 yard swim time.
- Race Applications available online in PDF format at www.youngstownymca.org, www.steelvalleytriclub.com. Also available at Youngstown YMCA (Downtown and Boardman), Second Sole, and Cycle Sales.
- Questions? Email to: tri@youngstownymca.org.
- T-shirts guaranteed for registrations postmarked by May 10.

Participants and spectators are asked to enter/exit the Y at the Market Street (Rt. 7) entrance. McClurg Road entrance may be closed to traffic.



D.D. & Velma Davis

FAMILY YMCA

45 McClurg Road
Boardman, OH 44512
330.480.5656