

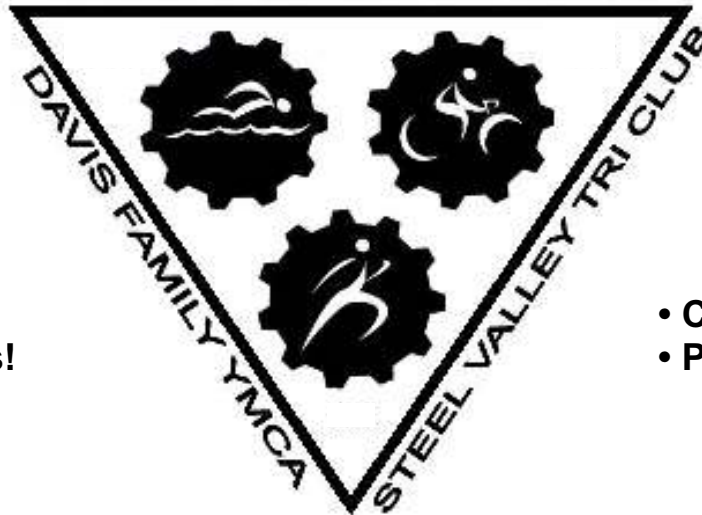
Davis Family YMCA/Steel Valley Triathlon Club

SPRINT DISTANCE TRIATHLON



Sunday, May 16, 2010

SPRINT DISTANCE TRIATHLON



- Great Venue!
- Great Courses!

- Chip Timing!
- Pool Swim!

www.steelvalleytriclub.org

ENTRY FORM

Make Checks Payable & Mail To:

Davis Family YMCA

ENTRY FEE

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

\$45.00

SVTC Members \$40

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. (Required. Be realistic.)

Wave intervals are determined by your submitted time. If you cannot complete the distance in the time allotted, you must vacate the pool so the next wave can begin. You will be ineligible for age group awards.

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

- | | |
|--------------------------------|--------------------------------|
| MALE | FEMALE |
| <input type="checkbox"/> 16-24 | <input type="checkbox"/> 16-24 |
| <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) _____

AMOUNT ENCLOSED \$ _____

SCHEDULE OF EVENTS – YMCA SPRINT TRIATHLON

SUNDAY – May 16, 2010

Swim 500 yards, Bike 14.5 Miles, Run 5K

Pre-Race Meeting: 7:10 a.m. in Registration Area

Start Time: 7:30 a.m. First swim start. Transition area closes at 7:00 a.m.

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

Phone: (330) 480-5656

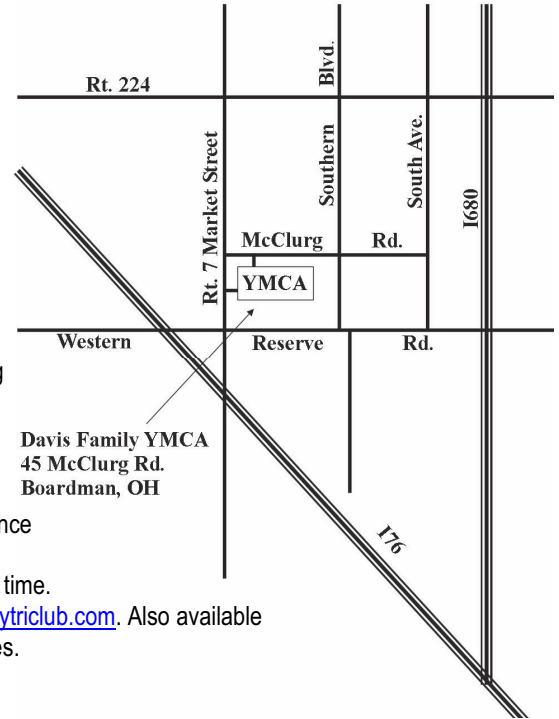
Registration must be received by 05/13/10

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.
- 5K 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 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.



YMCA of Youngstown, OH

D.D. & Velma Davis

FAMILY YMCA

45 McClurg Road
Boardman, OH 44512
330.480.5656