



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



I SWIM • I BIKE I RUN • I TRI

Indoor Triathlon YMCA OF THE FOX CITIES Saturday, March 18, 2017

Held at the Appleton YMCA, these events are open to ages 8 & up. All events are time based, rather than distance based, so ANYONE can participate.

Cost: \$25

Participants who register before March 1, 2017 will receive a t-shirt.

All proceeds benefit the YMCA of the Fox Cities' Annual Campaign.

To learn more or register visit ymcafoxcities.org or contact Heidi Bohl at 920.954.7651 or hbohl@ymcafoxcities.org.

10 minute **SWIM**
20 minute **BIKE**
15 minute **RUN**
2017

INDOOR TRIATHLON REGISTRATION FORM

Registration due by Monday, March 13 at 5:00 PM

Name: _____ Age: _____ Gender: _____
 Address: _____
 City, State: _____ Zip Code: _____
 Phone: _____ Home Y (If Y Member): _____
 Email Address: _____

WAVE START TIMES:

9:00 AM • 9:30 AM • 10:00 AM • 10:30 AM • 11:00 AM
 11:30 AM • NOON • 12:30 PM • 1:00 PM • 1:30 PM

LIST WAVE PREFERENCE (3 choices):

1. _____ 2. _____ 3. _____

T-SHIRT SIZE (unisex sizes):

Youth Medium Small Medium Large XL XXL

TOTAL AMOUNT ENCLOSED:

\$ _____

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 2017 YMCA of the Fox Cities Indoor Triathlon Series, 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: _____

SIGNATURE of parent/guardian: _____
 (If participant is under 18 years old)

Drop off or Mail to:
 Appleton YMCA
 c/o Heidi Bohl
 218 E. Lawrence St.
 Appleton, WI 54911