

**2ND ANNUAL
"TRI IT FOR FUN" KID'S TRIATHLON
SATURDAY MAY 29TH 2010
9:00 AM RAIN OR SHINE**



THE RACE

THE "TRI IT FOR FUN" KIDS TRIATHLON BEGINS AND ENDS AT THE GRAHAM AQUATIC CENTER, 543 N. NEWBERRY STREET IN YORK, PA. **RACE STARTS PROMPTLY AT 9:00 AM**
RACERS WILL SWIM A SHORT DISTANCE, TRANSITION TO THEIR BIKES FOR A SHORT (BUT HILLY) RIDE AROUND FARQUHAR PARK AND FINALLY EXIT THEIR BIKES FOR A SHORT RUN AROUND KIWANIS LAKE, WITH DISTANCES THAT ARE DESIGNED TO BE FUN FOR EACH AGE GROUP. THERE WILL BE REFRESHMENTS, AN APPEARANCE BY DOWNTOWN OF THE YORK REVOLUTION BASEBALL TEAM AND MUCH MUCH MORE! ANSI APPROVED BIKE HELMET REQUIRED.

AGE GROUP	7-9	10-12	13-14	*DISTANCES ARE APPROXIMATE
SWIM	25M	50M	100M	
BIKE	3/4 MILE*	3/4 MILE*	1 1/2 MILE*	
RUN	.3*	.50*	.75*	

NEW FOR 2010

YOUR NEVER TOO OLD FOR GOOD FAMILY FUN AND SOME HEALTHY ACTIVITY! WE HAVE ADDED A PARENTS/GUARDIANS "TRI IT FOR FUN" HEAT FOLLOWING ALL OF THE KID'S HEATS. DISTANCES ARE EQUAL TO THE 13-14 AGE GROUP. KIDS, CHEER FOR YOUR PARENT AS THEY RUN ACROSS THE FINISH LINE!!

SWIM AND TRANSITION CLINICS

AS PART OF YOUR EARLY REGISTRATION, A SWIM CLINIC IS OFFERED TO PARTICIPANTS WHO WISH TO PRACTICE BEFORE RACE DAY. A TRANSITION CLINIC IS AVAILABLE. RACERS ARE TAUGHT HOW TO TRANSITION FROM SWIM TO BIKE & BIKE TO RUN, HOW TO SET UP THEIR EQUIPMENT AND HOW TO BE SAFE AND HAVE FUN!!

SWIM CLINIC: TUESDAY 5/25 AND THURSDAY 5/27 FROM 6-7 PM
TRANSITION CLINIC : WEDNESDAY 5/26 FROM 6-7 PM

REGISTRATION – OPEN TO THE FIRST 250 ENTRIES

PRE-ENTRY: POSTMARKED BY MAY 14, 2010 \$25.00 W/ SHIRT & CLINICS INCLUDED
POST-ENTRY: POSTMARKED AFTER MAY 14, 2010 \$25.00 W/SHIRT
PARENT FUN RUN: PURCHASED UP UNTIL RACE DAY \$10.00

THE ENTRY FEE IS NON-REFUNDABLE. SHIRTS ARE SUBJECT TO AVAILABILITY FOR FIRST 250

ENTRIES.

REGISTRANTS ARE HIGHLY ENCOURAGED TO PICK-UP PACKET IN ADVANCE OF RACE DAY AT THE GRAHAM AQUATIC CENTER 543 N NEWBERRY ST YORK PA FROM MONDAY 5/26 – THURSDAY 5/27 BETWEEN 5 AND 8 PM.
RACE DAY ENTRIES: 7:30 AM TO 8:30 AM AT THE GRAHAM AQUATIC CENTER FOLLOWED BY A MANDATORY PRE RACE MEETING FOR ALL PARTICIPANTS AND PARENTS HELD AT 8:45AM ON THE BLEACHERS INSIDE THE GRAHAM AQUATIC CENTER



AWARDS
WE BELIEVE THAT EVERYONE IS A
WINNER!!!
ALL CHILDREN WHO COMPLETE THE RACE WILL
RECEIVE A MEDAL OF COMPLETION



RACE DIRECTOR ~ NATALIE HARNIISH ~ YORK YMCA AQUATIC CLUB ~ 90 N NEWBERRY ST YORK PA 17401 ~ 717-968-6435
WWW.SWIMTIDALWAVES.ORG/TRIATHLON

YORK Y KIDS TRI REGISTRATION AND WAIVER – 1 PER PARTICIPANT

NAME _____ AGE _____ MALE ___ FEMALE ___ BIRTH DATE ___/___/___ TODAY'S DATE ___/___/___
LAST FIRST
ADDRESS _____ CITY, STATE & ZIP _____

PHONE (____) _____ EMAIL ADDRESS _____ HOW DID YOU HEAR ABOUT THE TRI? _____
I KNOW THAT RUNNING, BIKING AND SWIMMING THE YORK YMCA KIDS TRI IS A POTENTIALLY HAZARDOUS ACTIVITY. I SHOULD NOT ENTER AND SWIM, BIKE AND RUN UNLESS I AM MEDICALLY ABLE AND PROPERLY TRAINED. I AGREE TO ABIDE BY ANY DECISION OF A RACE OFFICIAL RELATIVE TO MY ABILITY TO SAFELY COMPLETE THE EVENT. I ASSUME ALL RISKS ASSOCIATED WITH SWIMMING RUNNING AND BIKING THE EVENT INCLUDING, BUT NOT LIMITED TO: FALLS, CONTACT WITH OTHER PARTICIPANTS, THE EFFECTS OF THE WEATHER, INCLUDING HIGH HEAT/HUMIDITY, COLD OR SLIPPERY CONDITIONS OF THE COURSE. ALL SUCH RISKS BEING KNOWN AND APPRECIATED BY ME. HAVING READ THE WAIVER AND KNOWING THESE FACT, IN CONSIDERATION OF YOUR ACCEPTING MY APPLICATION, I, FOR MYSELF AND ANYONE ENTITLED TO ACT ON MY BEHALF, WAIVE AND RELEASE THE RACE DIRECTOR, RACE OFFICIALS, VOLUNTEERS, SPONSORS INCLUDING BUT NOT LIMITED TO THE YORK YMCA AQUATIC CLUB, THE YORK YMCA, THE CITY OF YORK, YORK COUNTY AND ALL OF THE REPRESENTATIVES AND THEIR SUCCESSORS OF SAID SPONSORS, FROM ALL CLAIMS OR LIABILITIES OF ANY KIND ARISING OUT OF MY PARTICIPATION IN THE EVENT.

PARTICIPANT SIGNATURE _____ PARENT/ GUARDIAN SIGNATURE – REQUIRED FOR ALL PARTICIPANTS _____

ENTRY FEES

BY MAY 14 TH WITH T-SHIRT AND CLINICS	\$25 _____	SHIRT SIZE: YOUTH S _____ M _____ L _____ XL _____
AFTER MAY 14 TH WITH T-SHIRT	\$25 _____	ADULT M _____ L _____ XL _____ 2XL _____
PARENT/GUARDIAN FUN RUN	\$10 _____	PAYMENT: VISA/MASTERCARD # _____ EXP _____
		CHECK # _____ PLEASE MAKE CHECKS PAYABLE TO YORK YMCA AQUATIC CLUB