

The Oshkosh Community YMCA Presents
THE 2012 WINTER INDOOR TRIATHLON



WHEN: Saturday February 4, 2012

WHERE: Oshkosh YMCA (Downtown Facility)
324 Washington Ave.
Oshkosh WI 54901

TIME: Please make sure you are checked in at registration 20-30 minutes before your wave will start. The first wave will start at 12:00 noon sharp. Each wave will start 30 minutes apart and start promptly at its posted starting time. **START TIMES WILL BE POSTED ONLINE ONE WEEK PRIOR TO THE RACE START DATE. WHEN YOUR TIME IS POSTED IT IS FINAL!**

ENTRY FEE: \$20.00 for Oshkosh YMCA members \$30.00 for event participants. All entries must be received by 5:00 PM on Monday, January 30. The entry fee includes t-shirt.

DIVISIONS: Male/Female, Age Group & Team. Age groups are: 10-13, 14-17, 18-23, 24-29, 30-39, 40-49, 50-59, 60-69 & 70 +. Teams consist of three people with one person doing each event for that team. Teams may be a mix of gender and age but compete against all other teams only.

AWARDS: Medals will be awarded for 1st through 3rd place in each age group, teams, and by gender overall. An award ceremony will take place 15-20 minutes following the final wave. Location TBD.

INFO: **Participation is limited.** Each wave will consist of 8 participants (waves 1 – 4 limited to 6). Each wave will take 1 hour to complete the event. Each wave will have assigned start and finish times for each event. MP3 players/iPods **are allowed** to be used as long as you can hear the commands of the race staff. The length and order of events & transitions will be:

- 10 Minute Swim,
- 10 Minute Transition,
- 20 Minute Bike (On LeMond Spinning Bikes),
- 5 Minute Transition,
- 15 Minute Run (On Indoor Track)

For further information please contact Dan Braun at (920) 236-3406 x311 or danbraun@oshkoshymca.org

ENTRY FORM
2012 WINTER INDOOR TRIATHLON

(PLEASE PRINT)

NAME: _____ AGE: _____ GENDER: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ TEAM NAME: _____

Wave Start Times

1	2	3	4	5	6	7	8	9	10
12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30

List Wave Preference (3 choices): 1)_____, 2)_____, 3)_____

T-SHIRT SIZE:

SMALL: _____ MEDIUM: _____ LARGE: _____ X-LARGE: _____ XX-LARGE: _____

TOTAL AMOUNT ENCLOSED: \$ _____

(Make all checks payable to **Oshkosh YMCA**)

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 2012 OSHKOSH YMCA WINTER INDOOR TRIATHLON, 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 OF APPLICANT: _____

SIGNATURE IN FULL OF PARENT OR GUARDIAN IF THE APPLICANT IS UNDER 18 YEARS OLD

Mail to: OSHKOSH YMCA
C/o Dan Braun
324 Washington Ave.
Oshkosh WI 54901