Y TRI CHALLENGE

TRI THEM BOTH

AWARDS

**TOP 3 Men & Women
TOP Finish in each
age group and team.**

. . . .

INDIVIDUAL REGISTRATION

Event:

☐ Feb 23 (Jamerson)   ☐ Mar 23 (Downtown)

Name 1: _____ DOB: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 500 yd: _____
                                    Swim Time

PARTICIPATION RELEASE
I release the YMCA of Central Virginia, its coaches and officials from all claims of injury which
may be sustained by above individual while participating in any YMCA–sponsored activity,
whether caused by the negligence of the YMCA or otherwise. If medical attention is required,
I give my permission for such medical care. I also agree to follow the YMCA of Central Virginia
sportsmanship standards and guidelines. By signing below, I give the YMCA permission to use
photographs or videos of the above named participant in its promotional/educational materials.

_____
Participant 1 Name

_____
Signature   Date

Fees:

$30 x _____ events = $_____

TOTAL ENCLOSED   = $_____

Please check one:

Sprint __   Ultra__   Kids__

PROGRESSIVE TRAINING PROGRAM

Get ready for your triathlon with an individual or team training program. Training teams led by USA Triathlon Level 1 Certified Coach – Beth Frackleton, LY Swim Team Coach – Scott Thacker, ACSM Certified Personal Trainer – Johnna Ingersoll and ACSM Certified Personal Trainer, former Randolph College Swim Team Coach – Donna Hodgert. Contact any YMCA of Central Virginia location for details. Programs available in 5, 9 or 14 week sessions. Training scheduled to begin January 20th. Training team fees also include event registration – simply fill out registration form and return it to one of our three branches.

. . . .

**VOLUNTEERS NEEDED!
Please contact Randi Abell
at randiabell@ymcacva.org
for more information.**

Y TRI CHALLENGE
YMCA OF CENTRAL VIRGINIA
ymcacva.org
@ymcacva on Twitter

Y TRI CHALLENGE

JAMERSON
FEBRUARY 23

DOWNTOWN
MARCH 23

www.ymcacva.org

Y TRI CHALLENGE

Sprint
Swim: 500 yds/m
Bike: 6 miles
Run: 2 miles

ULTRA
1000 yds/m
12 miles
4 miles

Kids
Swim: 150 yds/m
Bike: 4 mile
Run: 1 mile

February 23, 2014
Jamerson Family YMCA

March 23, 2014
Downtown YMCA

Angels Race Championship

Top 25 participants in the Y Tri Challenge will receive reduced rate to participate in the Angels Race on April 27, 2014.

SERIES SPONSOR:
LifeFitness

Community Support

All proceeds benefit the YMCA Community Support Campaign. The Y provides outreach programs, financial assistance, youth programs/sports, child-care and much more!

Fees:

$30 per individual ($40 non-member),
Registration Deadline
by Feb 20th (Jamerson)
by Mar 20th (Downtown)

$60 per team of three, per event
($20/individual, $30/individual (non-member)

Kids Race - 13 and under
(same fees as adult individual)

Register at www.ymcacva.org or return with payment to any local YMCA location.

Age Groups (male and female)

Under 13*	14-19	20-24
25-29	30-39	40-49
50-59	60+	

*All athletes under 5'0" must be fitted on the bikes to ensure proper fit.

TRAIN FOR SUCCESS

The triathlon training team is designed for people wishing to compete in triathlons at the sprint distance indoors (swim 500m, bike 6 mi, 2 mile run). For all skill levels, no experi-ence required.

See back for more information.

TEAM REGISTRATION

Event:
☐ Feb 23 (Jamerson)   ☐ Mar 23 (Downtown)

Name 1: _____ DOB: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 500 yd: _____
Swim Time

Name 2: _____ DOB: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 500 yd: _____
Swim Time

Name 3: _____ DOB: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 500 yd: _____
Swim Time

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_____
Participant 1 Name

_____
Signature   Date

_____
Participant 2 Name

_____
Signature   Date

_____
Participant 3 Name

_____
Signature   Date

Fees:
$60 x _____ events = $_____

TOTAL ENCLOSED = $_____
Make checks payable to: YMCA of Central Virginia

Please check one:

Sprint __ Ultra__ Kids__