



YMCA of Mount Vernon Triathlon - June 9th, 2018



REGISTRANTS INFORMATION:

Name: _____ Birthdate: _____ Age: _____ Gender: M F

Address: _____ Apt #: _____ City: _____

State: _____ Zip Code: _____ Phone #: _____ E-Mail: _____

How did you hear about this event?: _____

Cost: \$55 by May 26th (Includes T-Shirt) \$70 May 27th and after

Preferred Wave Time: 12:00 12:25 12:50 1:15 1:40 2:05 2:30 2:55 3:20 3:45 4:10

(We will do our best to accommodate preferred wave times but is not guaranteed—your wave time will be emailed to you by June 7th 2018)

Shirt Size: S M L XL XXL *(Shirts are only for participants registered by May 26th)*

ACCIDENT WAIVER AND RELEASE OF LIABILITY: I know that participating in the YMCA of Mount Vernon Triathlon is a potentially hazardous activity. I should not enter unless I am medically able. I assume the risk of running and cycling and swimming. Knowing these facts I hereby for myself, my heirs, or anyone else who might claim on my behalf, covenant not to sue, and waive, release, discharge the YMCA, volunteers, employees and any organization associated with the Triathlon, from any and all claims or liability for death, personal injury, property damage of any kind or nature arising out of or in the event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known, or unknown. I further grant permission to use photographs of this event for any purposes. I understand there is no refunds due to any circumstances once registered and paid. I have read the foregoing and certify my agreement by my signature below.

INDIVIDUAL PARTICIPANT WAIVER SIGNATURE:

Signature

Date

Parent/Guardian Signature (if under 18)

Date



2018 YMCA of Mount Vernon Triathlon

Important Information

For your safety and for the safety of all the participants, please read the following information carefully.

Please check in 30 minutes prior to your start time. We will have waves of 10 people participating in each group and each group starting at the same time for each event. Lockers and towels are available for use and are complimentary. We will have volunteers to answer questions and to point you in the right direction.

Overview: The Indoor Triathlon is based on time rather than distance—meaning you receive points for going further in a specific period of time, not going faster over a fixed distance. Participants are graded on a curve. The furthest distance in each category get the most points (actual number is based on total number of participants), the shortest receives 1 point, and your “score” for the race is based on the points you receive. All 3 areas (swim, bike, run) count equally toward your final score. Therefore, your rank and score will not be determined until all participants have completed the event. The total event will be 60 minutes: 10 minutes in the pool, a 10 minute transition, 20 minutes on a spin bike, a 5 minute transition and 15 minutes on a treadmill. Transition times are fixed between events and do not count towards a participants scores. The transition times are planned to allow safe progression to the next area. Headphones are allowed during this event.

In the Pool: Participants will swim for 10 minutes in the pool There will be no more than two participants per lane. A ref will use a whistle or horn to mark the start and stop time. Once started, participants are allowed to stop to rest by hanging on the wall, lane line or by standing. When the stop whistle or horn goes off, all racers must stop and return to the start end of the pool. Participants will be given credit for total lengths completed measured in full lengths. For example, if you finish your final length less than half way you will not gain an additional length. If you finish your final length more than half way you gain another length.

Transition 1, from pool to the bike: Participants will be given 10 minutes from the whistle or horn to go to the locker room, change into clothing for cycling/running and get to the cycling room. Bike shoes with cleats are not allowed on your feet until you have reached the cycling studio.

On the Bike: Participants will bike for 20 minutes. Each bike will have an odometer that tracks distance. Participants can adjust their own tension throughout the bike portion. Time permitting, participants can adjust the handlebar height and seat height positions. The ref for the bike area will ensure that all trip odometers on each bike is reset to zero before each wave starts and that no one gets off to a false start. At the end of the 20 minutes, the ref will signal for the participants to stop. Volunteers will record the total distance based on your bikes computer.

Transition 2, from bike to the run: Participants will be allowed 5 minutes to transition form the bikes to the treadmills.

On the run: Participants will run 15 minutes. The run segment will be done on treadmills. The ref for the run area will ensure that no participants press their start button before the start is called and that all participants stop their machines at the end of the 15 minutes. Treadmills will be set at a 0% incline and may be adjusted as long as you do not have a negative incline. Participants can control how fast they set their treadmills and can change the speed throughout the 15 minutes. If you need a break, slow down the machine. Participants must remain on the belt of the treadmill for the entire 15 minutes. If you choose to stop early and step off the belt, your distance will be recorded as the point you stopped. Otherwise, volunteers will record distances at the end of the 15 minutes.

Scoring: Volunteers will record the distance of each participant in each event and tabulate the final score. Results will be posted on the YMCA of Mount Vernon’s Facebook Page and also in the lobby no later than Tuesday following the event.

