

# 4th Annual UNIONTOWN AREA YMCA SPIRIT TRIATHLON



**200 yard swim, 13 mi. bike, 5K run**  
**Date of EVENT: SUNDAY, JUNE 10<sup>th</sup>, 2012**



## Individual or TEAM effort event!

**SWIM:** 200 yards in our YMCA indoor pool.

**BIKE:** 13 mile course / will be a rolling, moderate to challenging with some scenic views of the Laurel Mountains, with NO RAILROAD crossings. Helmets are MANDATORY!

**RUN:** 5 K—flat to hilly with multiple water stops.

Transition Area opens at 5:30 a.m. and CLOSSES at 7:00 a.m., thus ALL athletes MUST arrive prior to 6:30 a.m.!!!

The Transition Area will be in main parking lot with bike assigned racks supplied.

Shower and locker facilities are available pre and post-race. Please reserve time for parking in the morning!!

### Special Information for 2012:

1<sup>st</sup> wave 7:00 a.m. (Previously 6:30 a.m.)

The YMCA will offer Childcare for children 6 weeks to 12 years of age to (RaceCare) services from 6:15 a.m.-9:30 a.m. "RaceCare" will cost an additional \$10 per child. Children will have an opportunity to cheer parents along.

**Packet Pickup:** Packet Pickup: Pickup is recommended on **Saturday, June 9<sup>th</sup> between 3:00—6:00 p.m.** at the Uniontown, YMCA, however there will also be a packet pickup on Sunday from 5:30—6:30 a.m.

**Swim wave times:** Wave times will be posted on [www.uniontownymca.org](http://www.uniontownymca.org) and/or [www.fayettestriders.org](http://www.fayettestriders.org) the week prior to the race. Participants will have 6 minutes to complete 200 yards, A 1 minute penalty is added per length that is not completed. Note: There is 7 minute between waves.

**Individuals Divisions:** Awards: Top 3 Male/Female overall & Top 3 in each age group

Age Groups: 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59, 60-over

**Fee: \$40** postmarked on/before May 11, **\$45** postmarked on/before May 25, and **\$50** after May 25.

**Relay Division:** Awards: Top finisher for each Division - **Male / Female / Co-ed / Corporate**

**Fee: \$65** per team postmarked on/before May 11, **\$70** postmarked on/before May 25, and **\$75** after May 25.

\*Corporate division requires race sponsorship, which includes 1 complimentary team entry!!!

**Registration closes at 200 individuals and teams!!!**

**Post Race:** There will be a post race party with refreshments and awards.

Fill this Form out COMPLETELY and SIGN WAIVER

You will not be registered unless this form is signed, dated, and Payment received!

<b>Name:</b>	<b>Sex: (Circle One)</b> Female      Male
<b>Address:</b>	<b>Date of Birth:</b> /      / <b>Age (day of race):</b>
<b>City:</b>	<b>Phone:</b>
<b>State:</b> <b>Zip:</b>	<b>E-mail:</b>
<b># for RaceCare (childcare):</b> <b>Age(s)</b>	<b>Shirt Size (Circle One):</b> S      M      L      XL
<b>Circle One Event:</b> Individual    Male Relay    Female Relay    Coed Relay    Corporate Relay	
<b>Est. Swim time:</b>	<b>Est. Bike time:</b> <b>Est. Run time:</b>

**Relays:** Team Name: \_\_\_\_\_

In consideration of my entry being accepted in the Uniontown Triathlon, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and assigns, waive, release and forever discharge any and all rights and claims for damages that I may have or which may hereafter accrue to me against the Uniontown Area YMCA Triathlon, Uniontown Area YMCA, timing service, PennDOT, and ALL sponsors. I understand the difficulty of this event and attest that I am in good physical condition and understand that everyone should consult a physician prior to any physical activity.

Athlete Signature: \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent /Guardian if Athlete under 18 \_\_\_\_\_

*\*Team applications must be submitted together and each Team member is required to complete and sign an entry form.*

**Questions:** Call Bill at (724) 438-2584 / email: [billp@uniontownYMCA.org](mailto:billp@uniontownYMCA.org)  
**MAIL Form TO:** Bill Poninsky, Uniontown Area YMCA, One YMCA Drive, Uniontown, Pa 15401