



www.mdiymca.org

February 01 - April 25, 2010

MDI Y-NOT!

Indoor Triathlon Iron Person or Team Divisions

Adults: 1/2-mile swim ~ 9-mile bike ~ 3-mile run/race walk

Kids: 300 yd swim ~ 2.5-mile bike ~ 1-mile run

FEATURES: Who says Bar Harbor isn't exciting in the winter! Once again, the MDI YMCA will feature our Indoor Triathlon to help you shake those winter blues away! Swim for the gold in our 25-yard, 6-lane pool, bike for your life on our indoor, stationary bikes and run/race walk like the breeze on our fabulous treadmills or indoor track. Enter as an Iron Person, or Team - you can do it!

HERE'S HOW IT WORKS!

- Register in advance with appropriate entry fee at the front desk.
- One chance, one entry per person or per team
- Kids divisions: All members must be under the age of 16!
- Pick a day between 2/1/10 - 4/25/10. All events must be completed in the same day.
- All events must be completed in this order: Swim, Bike and run/race walk.
- Stationary starts only. Participant must be in a standstill position when timing begins.
- All team members must be present during the competition.
- Timing: Participant must have event verified by a fellow team member, fitness staff member, or lifeguard. Participant is responsible for getting the timing sheet signed and events verified by appropriate staff members.
- Each participant will receive a t-shirt. Awards ceremony tba.

KIDS: Awards for Team & Iron Person Divisions			
Division	Awards	Division	Awards
Iron Girl Age 9-12	1	Iron Boy Age 9-12	1
Iron Girl Age 13-15	1	Iron Boy Age 13-15	1
Team	1 - 2	Good Luck!	

ADULTS: Awards for Team Divisions			
Division	Awards	Division	Awards
Men's Team	1 - 2	Family Team	1 - 2
Women's Team	1 - 2	Business Team	1 - 2
Mixed team	1 - 2	Good Luck!	

ADULTS: Awards for Male & Female Iron Person Divisions					
Division	Awards	Division	Awards	Division	Awards
Open	1 - 3	Age 30 - 39	1	Age 60+	1
Age 16 - 19	1	Age 40 - 49	1	Race Walking	1
Age 20 - 29	1	Age 50 - 59	1	Y-Not!	

2010 MDI Y-Not! Indoor Triathlon - Registration Form

1. Iron Person or Team Swimmer

Print Name: _____

Address: _____

State: _____ Zip: _____ Sex: M / F

Date of Birth: _____ Age on Race Day: _____ T-Shirt Size: _____

2. Team Biker

Print Name: _____

Address: _____

State: _____ Zip: _____ Sex: M / F

Date of Birth: _____ Age on Race Day: _____ T-Shirt Size: _____

3. Team Runner

Print Name: _____

Address: _____

State: _____ Zip: _____ Sex: M / F

Date of Birth: _____ Age on Race Day: _____ T-Shirt Size: _____

Team Name: _____

2010 Indoor Triathlon Entry Fee

MDI Y Member: \$10 x ____ (# of individuals) = \$ _____

Non-Member: \$15 x ____ (# of individuals) = \$ _____

Amount Enclosed: = \$ _____

Important - Each Participant Must Read and Sign Below!

In consideration of the acceptance of my entry, I for myself, my executors, administrators and assignees, do hereby release and discharge the MDI YMCA and the other sponsors for all claims of damages, demands and actions whatsoever in any manner arising or growing out of my participating in said athletic event. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate in this event. I also understand that the fees are non-refundable. Parents please sign if child is under age 18.

Swimmer - Print Name

Biker - Print Name

Runner - Print Name

Swimmer - Signature and Date

Biker - Signature and Date

Runner - Signature and Date