

# INDOOR TRIATHLON



Bradford YMCA - Saturday, April 13, 2019

## HERE'S HOW IT WORKS:

1. Start with a 15-minute SWIM
2. 5 minutes to transition to the BIKE area
3. Next, CYCLE on a SPIN BIKE for 15 minutes
4. 5 minutes to transition to the TREADMILL
5. Finish with a 15-minute RUN/WALK

Participants  
Receive a  
**FREE**  
T-Shirt

## DUATHLON NEW FOR 2019

If SWIMMING is NOT for you, register for the DUATHLON (15-minute RUN/WALK, 15-minute BIKE, ending with a 15-minute RUN/WALK.

1. Register as an individual.
2. Register as a team of 2.



# Northwest



# Registration Form

**Team Registration: Must provide information for each participant, and select Triathlon or Duathlon below.**

Individual Name: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_  
 Address of Individual: \_\_\_\_\_ Gender: \_\_\_\_\_  
 City, State, ZIP code: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 Email Address: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

**If registering as a TEAM, please list team member's name, age, gender and phone number.**

Swimmer: \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Phone Number \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Cyclist: \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Phone Number \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Runner: \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Phone Number \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Team Captain's Email: \_\_\_\_\_ Team Name or Business: \_\_\_\_\_

PLEASE CHECK ONE	TRIATHLON Swim - Bike- Run	DUATHLON Bike - Run
INDIVIDUAL	<input type="checkbox"/> \$40.00	<input type="checkbox"/> \$40.00
TEAM 2-3 People	<input type="checkbox"/> \$60.00	<input type="checkbox"/> \$60.00
STUDENTS Age 22 ↓	<input type="checkbox"/> \$20.00	<input type="checkbox"/> \$20.00

\*Entry Fee is non-refundable.



Make Checks Payable to:  
 YMCA of the Twin Tiers  
 59 Boylston Street  
 Bradford PA, 16701

- Free Dri-Fit shirt for all participants - Thank you to our sponsors.
- Numerous award categories.
- Deadline to register: April 8, 2019.

- Please note the addition of the Duathlon for 2019.

Signature of Registrant \_\_\_\_\_ Date \_\_\_\_\_

- Start times will be emailed by Thursday evening on the week of the event.
- All participants are asked to arrive at least 30 minutes before the start of their heat.
- Registration available at Bradford and Olean YMCA and printable registrations on [yourymca.org](http://yourymca.org).
- More registration options available by contacting Brent Raabe.
- [BrentR@YourYMCA.org](mailto:BrentR@YourYMCA.org) - 814-368-6101