



NORFOLK FAMILY YMCA

# Triathlon

Saturday June 10, 2006



# Triathlon 2006

NORFOLK FAMILY YMCA  
301 West Benjamin Avenue  
Norfolk, NE 68701

NON PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
NORFOLK, NE 68701  
PERMIT # 25

**THE FOLLOWING WAIVER MUST BE SIGNED  
BEFORE COMPETING IN THE NORFOLK FAMILY YMCA TRIATHLON!**

In signing this form for myself (or if under 18 by a parent or guardian), I understand and agree to absolving and hold harmless the Norfolk Family YMCA and all Sponsors of blame for any injury, harm, loss or inconvenience in any of the activities associated with this event.

SIGNATURE: \_\_\_\_\_

DATE \_\_\_\_\_

# Norfolk Family YMCA 2006 TRIATHLON

**DATE:** SATURDAY JUNE 10

**START TIME:** 8:00 A.M.

**START & FINISH:** Norfolk Family YMCA  
301 W. Benjamin Ave.

**DISTANCES:**

**LONG COURSE:** Individuals and ALL Adult Teams  
SWIM 500 YARDS Indoor Pool  
BIKE 10 MILES Mostly flat, **HELMETS REQUIRED**  
RUN 2.5 MILES Flat Course

**SHORT COURSE:** Individuals and ALL Youth Teams  
SWIM 150 YARDS Indoor Pool  
BIKE 3 MILES Mostly flat, **HELMETS REQUIRED**  
RUN 1 MILE Flat Course

**PARTICIPANTS MAY ENTER IN  
ONLY ONE (1) OF THE ABOVE RACES!**

**RACE CATEGORIES:**

**MALE:** 10 & under, 11-13, 14-19, 20-24, 25-29,  
30-34, 35-39, 40-44, 45-49, 50-59, 60 & Over

**FEMALE:** 10 & under, 11-13, 14-19, 20-24, 25-29,  
30-34, 35-39, 40-44, 45-49, 50-59, 60 & Over

**MANDATORY MEETING:**  
There is a 7:45 AM pre-race meeting at the YMCA.  
ALL Participants MUST ATTEND!

## FEES AND REGISTRATION

**INDIVIDUAL FEE** \$30

**\*ENTRY FEE INCLUDES T-SHIRT, PIZZA BUFFET AND AWARDS CEREMONY AT GODFATHER'S PIZZA FOLLOWING THE RACE!**

**ABSOLUTELY NO REGISTRATION AFTER 7:30 AM ON RACE DAY!**

**\*RACE DAY REGISTRANTS ARE NOT GUARANTEED TO COMPETE WITH THEIR OWN AGE GROUP.**  
**\*PARTICIPANTS SIGNING UP AFTER JUNE 2ND ARE NOT GUARANTEED A T-SHIRT ON RACE DAY.**  
**\*NO SHOWS ON RACE DAY MUST EITHER PICK UP THEIR SHIRT LATER OR PAY THE SHIPPING FEE FOR IT TO BE SENT TO THEM.**



**AWARDS:**

- TROPHY 1st Overall Male & Female-Long Course
- MEDALS Top 3 in each age group-Long Course & Top 3 in each age group-Short Course
- MEDALS 1st-4th Place-Long Course Teams (each team member) & 1st-4th Place-Short Course Teams (each team member)

**FOR MORE INFORMATION CONTACT:**  
**Katie Gunter or Rebecca Eberly**  
**Phone: (402)371-9770**  
**Fax: (402)371-9162**

## 2006 Norfolk Y Triathlon Entry Form:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_ CITY STATE ZIP

PHONE: \_\_\_\_\_

AGE: \_\_\_\_\_

SEX: MALE FEMALE TEAM

COURSE: LONG SHORT

HEAD TO HEAD?: YES NO

(Optional)  
IF YES: ESTIMATE TIME: \_\_\_\_\_ : \_\_\_\_\_  
Hours Minutes

(This feature is added to give both men and women the opportunity to compete against each other (optional).  
**Head to Head competitors will be run in heats of 6..)**

SHIRT  
SIZE: YL S M L XL XXL

**TEAM MEMBERS:**  
(All team members **MUST** submit a form & sign a waiver!)

SWIMMER \_\_\_\_\_

BIKER \_\_\_\_\_

RUNNER \_\_\_\_\_

*Please indicate Team Captain!*

**ALL participants MUST SIGN  
WAIVER on reverse side BEFORE being  
allowed to compete!**

Make all checks payable to the Norfolk Family YMCA.  
Submit to:

**Norfolk YMCA Triathlon**  
**301 West Benjamin Avenue**  
**Norfolk, NE 68701**