



Partner With Youth

4th Annual Indoor Triathlon

400 yard swim (8 laps/16 lengths) indoor pool
8 mile bike (12.8K) on spin bike
2.5 mile walk/run on treadmill

Saturday, February 25, 2012
O'Fallon YMCA • 284 N Seven Hills Road, O'Fallon, IL 62269

Registration

- Suggested minimum donation for individuals is \$35; and teams is \$55
- Register by mail or in person at the O'Fallon IL YMCA
- To guarantee your short sleeve t-shirt, register by February 12
- **Registration Deadline is Sunday, February 19**

Additional Info

- 1st Heat begins at 12:15 pm
- Arrive at least 30 min prior to start time
- Heat times will be posted on Tuesday, February 21st
- Participants must be at least 13 years old
- Race results will be posted in the lobby and on ymcaswil.org on Tuesday following the race

Additional info: Greg Jarrett gjarrett@ymcaswil.org or Charlotte Greene cgreene@ymcaswil.org
O'Fallon YMCA 618 628-7701

O'FALLON YMCA INDOOR TRI (Please Print Legibly)

Gender (circle): Male Female **Shirt Size:** Youth Large S M L XL XXL

Name : _____ Age (as of Feb 25, 2012) _____

Birth Date: _____ Home phone: _____ Cell: _____

Address: _____ Estimated 500 yd swim time: _____

City/Zip/State: _____ Estimated 12.8k bike time: _____

Email: _____ Estimated 2.5 mi walk/run: _____

Waiver of Liability: I understand that the YMCA of Southwest Illinois, their employees and all others connected with the event are not liable for any injuries I may suffer while taking part in this voluntary activity. I hereby waive and release any and all rights and claims I may have against the YMCA, sponsors, personnel or volunteers for any injury I might suffer in this event or for loss or damage to my property. I attest that I am physically fit and have prepared for this event.

Signature: _____ Date: _____
Parent or guardian signature required if under the age 18.

Mail or bring registration form and pledge card with payment to:
O'Fallon YMCA, 284 N. Seven Hills Road, O'Fallon, IL 62269.
Make check payable to YMCA of Southwest Illinois.