

Registration form

Please check only one entry selection.

Pre-registration by January 13. No refunds.

Individual: Male Female Age _____

(Note: Individual please complete swim section)

Team Relay: Choose One

Women Men Co-ed Family

Business/Organization (Must be employed by team sponsor.)

Team Name _____

Email _____

Swimmer: ½ mile, 36 Lengths indoor pool

Estimated swim time: _____ (required)

Heat assigned by estimated swim time.

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

T-shirt Size: YM YL YXL S M L XL XXL*

*Add \$2.00 for XXL

Biker: 10 miles Keiser M3 Indoor Cycle

Estimated bike time: _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

T-shirt Size: YM YL YXL S M L XL XXL*

*Add \$2.00 for XXL

Runner: 2½ miles, 40 laps indoor track

Estimated run time: _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

T-shirt Size: YM YL YXL S M L XL XXL*

*Add \$2.00 for XXL

SIGN RELEASE ON REVERSE SIDE

Community Partners

The Muscatine Community Y provides financial assistance to children and families who couldn't otherwise become members of the Y due to lack of funds. We are able to provide a safe atmosphere and a wide variety of programs designed to develop healthy spirit, mind and body.

We can do this because of the generosity of individuals and businesses that contribute to our Annual Community Partners Drive and also with the money raised from special events including our Try Melon Tri.

Over 1,000 children and family members received free or subsidized memberships in 2011.

Thank you for your generosity!

Thanks to Our Sponsors:

Calvin E. Atwell, M.D., F.A.C.S.

Berlin's Pro Shop & Custom Screen Printing

Harper's Cycling & Fitness

HNI Corporation

Jay & Cathy Huff

**Martin & Whitacre
Surveyors & Engineers, Inc.**

Muscatine Foods Corporation

Muscatine Physical Therapy Services, P.C.

Muscatine Running Club

Musco Lighting

**Pepsi/Sprouse Distributing, Inc.
Muscatine, Iowa**

Steindler Orthopedic Clinic P.L.C.

Wester Drug

Y's Men's Club

January 29, 2012

Indoor Triathlon



Muscatine Community Y
1823 Logan Street • Muscatine, Iowa



Date: Sunday, January 29, 2012
 First heat starts at 11:00 am
 Last heat starts at 4:00 pm

Place: Muscatine Community Y
 1823 Logan Street
 Muscatine, IA 52761

Entry Fees: Before January 13 After January 13
 Individual \$25.00 \$30.00
 Team \$25.00* \$30.00*
 * Prices are per athlete

Fee includes: Long sleeve T-shirt and post race snacks.
 Make checks payable to *Muscatine Community Y*. Entries will be limited because of facility constraints – you'll be notified of your assigned start time one week prior to the event or your check will be returned. **Heat assigned by estimated swim time.** Lockers and showers are available. Bring your own lock and a towel.

Eating/Overnight Accommodations:
 For references please contact the Muscatine Community Y.

Race Day Schedule:
 10:00 am – 3:30 pm – Athlete Check-in
 Starting times every 30 min. between 11:00 am & 4:00 pm
 For more information about this event please call the Muscatine Community Y at (563) 263-9996. Ask for Mel.

Distances:
 Swim – 1/2 mile (36 lengths)
 Bike – 10 miles (Keiser M3 Indoor Cycle)
 Resistance Level 8
 Run – 2 1/2 miles (40 laps)

Age Categories:
Male/Female

- 25 and under
- 26 – 30
- 31 – 35
- 36 – 40
- 41 – 45
- 46 – 50
- 51 – 55
- 56 – 60
- 61 and over

Team Relay (2 or 3 members)
 Womens, men, family,
 co-ed and business/
 organization (must be
 employed by team sponsor).

Awards: (promptly after last heat is completed)

- Individual awards for the top male and female of the race.
- Traveling trophy for the top business/organization team plus a medal for each team member (trophy currently held by Team Stanley).
- Medal for 1st, 2nd, and 3rd place in each age division.
- Individual team medals to top 3 finishers in each team division.

Race Rules:
 Race director will have the final authority to remove a participant from the race for either rule violations or physical reasons. Race rules and directions will be mailed with your assigned start time one week prior to the event.

Waiver form:

In consideration of my participation in the Muscatine Community Y Indoor Triathlon, I the undersigned, my heirs, executors and administrators consent to discharge, release, and hold harmless the Muscatine Community Y, race sponsors, workers, and their affiliates agents, servants, employees, successors, and distributors for claims, action losses, damages, or expenses for personal or bodily injury, and property loss or damage incurred by me arising out of or in connection with my participation in this triathlon.

I HAVE READ THE FOREGOING AND AM OF LEGAL AGE TO CONSENT TO THE WAIVER, AND HAVE TRAINED TO THE BEST OF MY ABILITY FOR THIS TRIATHLON.

X _____

SIGNATURE (PARENT OR GUARDIAN SIGNATURE IF PARTICIPANT IS UNDER 18 YEARS OF AGE)

TEAM Signatures below.

X _____

X _____

Publicity Release:

I hereby grant the Muscatine Community Y permission to use my image and/or likeness in photographs, slide shows, or video recordings, including by extension any and all of its promotional advertising and in any and all other media, whether known or hereafter existing, controlled by the Muscatine Community Y. I will make no monetary or other claim against the Muscatine Community Y for the use of my image(s).

I Agree I Disagree

Entries limited to the first 99 teams or individuals.

RETURN WITH YOUR CHECK MADE PAYABLE TO:

Muscatine Community Y
 1823 Logan
 Muscatine, IA 52761
 (563) 263-9996

