Lower Bucks Family YMCA
INDOOR TRIATHLON
April 15, 2012, 8:00am at the Fairless Hills YMCA

swim bike run
2012 INDOOR TRIATHLON

Date:	**Sunday, April 15, 2012**
Time:	**7:00am Registration**
Where:	**Fairless Hills YMCA** **601 South Oxford Valley Road** **Fairless Hills, PA 19030**
Why:	**To provide YMCA scholarships to youth and families**

Waves every 15 minutes beginning at 8:00am

10 Minute Swim in the YMCA Pool followed by a 10 Minute Transition
30 Minute Bike on Schwinn Bikes in Cycling Studio followed by a 5 Minute Transition
20 Minute Run on Precor Treadmills in the Strength Training Center

Medals will be awarded to the top two in each division and Trophies to the overall male and female winner.

*Please help us support our community through YMCA scholarships for memberships and programs.
Please join us and enjoy a day of fun and exercise.
To learn more about the YMCA go to: www.lbfymca.org

Please detach and return this portion of this form.

Registration Information: For more information, please contact Mike Linder at 215-949-3400 x 68
Make checks payable to the Lower Bucks Family YMCA and mail along with registration form to:
Lower Bucks Family YMCA - 601 South Oxford Valley Road, Fairless Hills, PA 19030 - ATTN: Mike Linder

Fees for Indoor Triathlon: $25 for members $35 for non-members $40 for Day Of Registrants

Race Packet pick-up on Saturday, April 14, 2012 from 10am to 2pm in the Fairless Hills YMCA lobby.

☐ I am registering for the Indoor Triathlon

Name:_____ Age:_____ Select One: Male_____ Female_____

Age Group (select one) ____ 13-15 ____16-19 ____20-29 ____30-39 ____40-49 ____50-59 ____60 Plus

Address:_____City:_____State____ Zip_____

Phone # _____ Email:_____ Adult Tee Shirt Sizes: (S,M,L,XL)_____

In case of emergency please call (Name)_____ (Phone)_____

I, the undersigned, verify that I am physically fit and sufficiently trained to participate in this event. I , for my heirs, executors, administrators, and assigns, release and discharge the Lower Bucks Family YMCA, as well as any assisting organizations or individuals, from any claim for damages arising from my participation in this event.

Signature of Participant (Parent's signature if participant is under18)

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