



YMCA TRI-FOR-FUN REGISTRATION FORM

Office Use Only

I understand and acknowledge that while participating in the SMV YMCA Triathlon that these activities, by their very nature, pose the potential risk of serious injury/illness to individuals who participate in such activities including but not limited to the hazards of running and bicycling on public roads, equipment failure, strenuous endurance exercise, and accidents or illness in remote areas without medical facilities.

I understand and acknowledge that participation in these activities is completely voluntary. In order to participate in these activities, I agree to assume liability and responsibility for any and all potential risks which may be associated with participation in such activities.

I understand, acknowledge, and agree that the YMCA, its employees, officers, agent, or volunteers shall not be liable for any injury/illness suffered by me/us which is incident to and/or associated with preparing for and/or participating in this activity.

Signed _____ Date _____
(Individual or Team Swimmers)

Signed _____ Date _____
(Biker)

Signed _____ Date _____
(Runner)

Signed _____ Date _____
(Parent or Guardian Signature if under 18)

Cost: Individual: YMCA Member \$40
Individual: Non-Member \$50
Team: YMCA Member \$85
Team: Non-Member \$95

Start times are on a first-come, first-served basis. Register early.

Make checks payable to: SMV YMCA
Mail to: YMCA, 3400 Skyway Drive, Santa Maria, CA 93455

CLASS OF ENTRY

- Individual Male Female
- Team Team Name _____
- Short Bike Course Long Bike Course
- 11-15 16-19 20-29
- 30-39 40-49 50-59
- 60-69 70-79 80+

PARTICIPANT/TEAM INFORMATION

Name _____ Age _____
 Address _____ City _____
 Zip _____ Phone _____

Swimmer Cyclist Runner

T-Shirt Size: S M L XL XXL

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TRI-FOR-FUN PHILOSOPHY

This event was organized to bring the Central Coast a fun and challenging course that would not intimidate the beginner and be a challenge for all fitness levels. The purpose at the YMCA is to encourage a healthy lifestyle and bring families in the community together serving our Mission of building strong kids, strong families and strong communities. Your participation will increase our community spirit and enhance our team effort.

TRI-TRAINING TEAMS

(Beginning in February)
The YMCA now offers a fitness program to take the beginning tri-athlete and give them the tools to accomplish their first triathlon. These teams will prepare you for all elements of the triathlon. So if you are a first time tri-athlete or someone who just wants to be challenged the Tri-Training teams will give you a jump start on your triathlon goals.

OPENING/CLOSING CEREMONIES & AWARDS

Opening ceremony will be held at 7:30am.
Closing ceremony will be held at 3pm with awards being given in each age category for 1st & 2nd place. During this ceremony a new bike, compliments of Pedal Power, will be raffled (free entry raffle ticket in each race participant bag) and all triathlon participants present will have a chance to win. There will also be participant medals for each participant crossing the finish line so everyone is a winner!

REGISTRATION

Registration must be received by April 14, 2010. Late registrations will be accepted on a walk-in bases only. All pre-registered participants will receive their t-shirt during race day check-in. Those registering late will receive shirts on an "if available" bases. Some eligibility restrictions may apply to various age categories and you must be accompanied by an adult if you are under 10 years of age.

VOLUNTEERS WELCOME!

We are welcoming all volunteers available to help with this event. You may want to participate in the triathlon and then volunteer when you've completed your course!

THANK YOU TO OUR SPONSORS

GOLD SPONSOR:



SILVER SPONSOR:



BRONZE SPONSOR:



TRIATHLON COMMITTEE MEMBERS

- A SPECIAL THANK YOU...
- Tim Seifert..... Chair
 - Walter Rubalcava..... Run Course Coordinator
 - Jeff Sais..... Bike Chair
 - Jim Foxen..... Course Coordinator
 - Chris Reis..... Swim Chair
 - Judy Reis..... Timing Chair
 - Wendy Foxen..... Volunteer Coordinator
 - Angeli Guerrero..... Volunteer Coordinator
 - Brad Snarr..... Volunteer Coordinator
 - Robin Wingell..... Volunteer Coordinator
 - Brettly Biedinger..... Administrative Guru
 - Eleanor Byars..... Staff Liaison
 - Lisa Niedrauer..... Staff Liaison

For more information, contact
Lisa Niedrauer, triathlon volunteer
at (805) 937-8521 or
lniedrauer@smvymca.org.