

Our Mission is to foster strong individuals, families, and community with Christian values by providing quality programs that strengthen spirit, mind, and body for all!

Franklin-Grove City YMCA
 111 West Park Street
 Franklin, PA 16323

NON-PROFIT ORG
 U.S. POSTAGE PD.
 FRANKLIN, PA 16323
 PERMIT NO. 20

Franklin-Grove City YMCA
3RD ANNUAL TRIATHLON
 AUGUST 7TH, 2010



STEP UP TO THE CHALLENGE!!



Youth



Adults

Relay teams may also participate

Contact Info.

Call: 724-458-9781
www.grovecityymca.org

RACE INFO.

Date: August 7th, 2010

Place: Sandy Lake, Stoneboro, Pa

- Details:
- Race Day Registration: 7:30-8:30 AM
 - Pre-Race Meeting: 8:30 AM
 - Race Begins: 9:00 AM

Divisions will begin in 10 minute increments

REGISTRATION FEES:

Members must be part of Franklin or Grove City YMCA

Adults

- Members: \$20.00 per person
 - Non-Members: \$30.00 per person
- Late Registration**
- Members: \$40.00 per person
 - Non-Members: \$50.00 per person

Youth

- YMCA Members: \$10.00 per person
 - Non-Members: \$15.00 per person
- Late Registration**
- YMCA Members: \$20.00 per person
 - Non-Members: \$25.00 per person

Teams

- Members: \$60.00 per team
 - Non-Members: \$90.00 per team
- Late Registration**
- Members: \$120.00 per team
 - Non-Members: \$150.00 per team

A "member team" must consist of at least two members

Youth Teams are half prices listed above

Must be registered/postmarked by 7/30/2010

RACE DIVISIONS

Among the divisions there will be both team and individual competition.

Adult

Ages: 16-20, 21-25, 26-35, 36-45, 46+

Competitive	Recreation
800 Meter Swim	600 Meter Swim
15 Mile Bike Ride	12 Mile Bike Ride
3.1 Mile Run	2 Mile Run

Youth

Ages: 8-10, 11-12, 13-15

Competitive	Recreation
400 Meter Swim	200 Meter Swim
10 Mile Bike Ride	5 Mile Bike Ride
1.5 Mile Run	1 Mile Run

Recreational divisions will not be receiving trophies

The majority of the swimming portion will take place in open water deeper than 6ft.

Transitions

Each section of the race will be completed at the same location

Please Specify: Competitive Recreational

Name/Swimmer _____ Gender: M or F T - **Shirt Size:** (YL, AS, AM, AL, AXL) Age: (as of 8/7/2010) _____
 Name/Bike Rider _____ Gender: M or F T - **Shirt Size:** (YL, AS, AM, AL, AXL) Age: (as of 8/7/2010) _____
 Name/Runner _____ Gender: M or F T - **Shirt Size:** (YL, AS, AM, AL, AXL) Age: (as of 8/7/2010) _____

All Participants must sign waiver

Contact Information:

Street Address: _____ Phone _____ Email _____

City _____ State _____ Zip Code _____

Office Use Only Date: _____ Amt Enclosed: _____ Cash _____ Check _____ Credit _____ Receipt Number _____

REQUIREMENTS

There are **NO EXCEPTIONS** to these requirements they must be followed and abided by at all times.

1. Bike Helmets must be worn for the riding portion (helmets not provided)
2. Swim caps must be worn during the swim (caps will be provided)

WAIVER

In consideration of acceptance of this entry, I waive myself, my heirs and assigns, all claims for damages which I might have against the race, it's sponsors or any other organization, business or individual as a result of any and all injuries which might be received during the contest. I also release any photos that may involve myself.

Signature Parent/Guardian

Signature Athlete

Signature Parent/Guardian

Signature Athlete

Signature Parent/Guardian

Signature Athlete

Contact Info.

Call: 724-458-9781

Grove City YMCA
543 East Main Street Ext.
Grove City, Pa 16127

Franklin YMCA
111 West Park Street
Franklin, Pa 16323

www.grovecityymca.org

THE DETAILS

Make Checks Payable To:

Grove City YMCA
543 East Main Street Ext.
Grove City, PA 16127

Shirts

Shirts will be purchased only for those who pre-register before the deadline of...

July 30th, 2010

Awards

- Awards will be given out to the top three participants in each age division and the top male and female finisher overall.
- Awards will also be given to the first place team in each division.



DIRECTIONS

ADDRESS

Lake Side Park
193 Franklin Street
Stoneboro, PA 16153



From I-79

Driving South:

- Take exit 130 towards Sandy Lake/Franklin
- Turn onto PA 358 towards Sandy Lake
- Turn onto 845/Stoneboro Lateral Rd.
- Stay Left onto Linden Street
- Take Left onto Franklin St.
- Follow dirt road to lake

Driving North:

- Take Exit 121 toward Franklin
- Follow route US-62 roughly 6 miles
- Turn onto Franklin St.
- Franklin St. will turn to dirt, follow straight to lake