

REGISTER FROM HOME!
go to ymcawichita.org

INDIVIDUAL REGISTRATION

Name 1: _____ Age: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 400/500 yd: _____
Swim Time (circle one)

PARTICIPATION RELEASE

I release the Greater Wichita YMCA, its coaches and officials from all claims of injury which may be sustained by above individual while participating in any YMCA-sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required, I give my permission for such medical care. I also agree to follow the Greater Wichita YMCA sportsmanship standards and guidelines. By signing below, I give the YMCA permission to use photographs or videos of the above named participant in its promotional/educational materials.

Participant 1 Name _____

Signature or _____ Date _____
Signature of parent (if minor is enrolling)

Fees:

\$35 Indoor Triathlon
Downtown YMCA 01/20/19 = \$ _____
Andover YMCA 03/24/19 = \$ _____

\$35 Indoor/Outdoor Triathlon = \$ _____
at Northwest YMCA 05/05/19

\$20 late fee = \$ _____
(starting the Mon. before race)

TOTAL ENCLOSED = \$ _____

SPECIALIZED GROUP TRAINING

4-WEEK PROGRESSIVE TRAINING

- 3 different Specialized Group Training offered to improve your skills:
 - Swimming
 - Cycling
 - Running
- For all skill levels
- Offered at Downtown & Northwest YMCAs
- Fee: \$35 per session
Group Training for each discipline meets 1x/wk for 4 weeks

SIGN UP FOR 1 OR ALL 3 DISCIPLINES!
Training begins in December

Downtown Branch Schedule:

Saturdays Bike/Run 9-10am

Saturdays Swim 8-9am

Northwest Branch Schedule:

TBD



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GREATER WICHITA YMCA
ymcawichita.org
facebook.com/ymcawichita

YMCA TRIATHLONS



NEW BIKES in 2019!



Indoor Triathlons

Swim: 500 yds (indoor)
 Bike: 6 mi (indoor)
 Run: 2 mi (indoor)

January 20, 2019
 DOWNTOWN YMCA

March 24, 2019
 ANDOVER YMCA

Indoor/Outdoor Triathlon

Swim: 400 yds (indoor)
 Bike: 12 mi (outdoor)
 Run: 2.8 mi (outdoor)

May 5, 2019
 NORTHWEST YMCA

Fees

Early Bird (anytime up to 1 week before race)
\$35 per individual, per event
\$70 per team of three, per event

Latecomer (starting the Mon before the race)
\$55 per individual, per event
\$80 per team of three, per event

T-shirt awarded to those that finish each event
 Deadline for registration: Thursday, week of race

Award Categories

- Top 3 Male/Female Overall
- Top Male/Female Swimmer
- Top Male/Female Biker
- Top Male/Female Runner
- Top Team Overall



TEAM REGISTRATION

Event:

- Jan 20/Downtown YMCA Mar 24/Andover YMCA
 May 5/Northwest YMCA

PARTICIPATION RELEASE

I release the Greater Wichita YMCA, its coaches and officials from all claims of injury which may be sustained by above individual while participating in any YMCA-sponsored activity, whether caused by the negligence of the YMCA or otherwise. If medical attention is required, I give my permission for such medical care. I also agree to follow the Greater Wichita YMCA sportsmanship standards and guidelines. By signing below, I give the YMCA permission to use photographs or videos of the above named participant in its promotional/educational materials.

Name 1: _____ Age: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 400/500 yd: _____
 Swim Time (circle one)

 Signature Date

Name 2: _____ Age: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 400/500 yd: _____
 Swim Time (circle one)

 Signature Date

Name 3: _____ Age: _____

Email: _____ Shirt Size: _____

Phone: _____ Sex: _____ 400/500 yd: _____
 Swim Time (circle one)

 Signature Date

Fees:

\$70 Indoor Triathlon
 Downtown YMCA 01/20/19 = \$ _____
 Andover YMCA 03/24/19 = \$ _____

\$70 Indoor/Outdoor Triathlon = \$ _____
 at Northwest YMCA 05/05/19

\$20 fee - starting the Mon. before race = \$ _____

TOTAL ENCLOSED = \$ _____

Make checks payable to: Greater Wichita YMCA

Register online at ymcawichita.org or fill out registration & return with payment to any YMCA location.