

**The Dunigan Family YMCA  
6846 Oak Grove Road  
Evansville, IN 47715**

# **YMCA Indoor Triathlon**

**Sunday, March 21  
2010**



**Our Mission: The YMCA of Southwestern Indiana, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through programs that promote healthy spirit, mind, and body.**

The YMCA is excited to offer this unique event to the community. The indoor triathlon offers a new spin on traditional triathlons. Participants will compete based upon distance completed within an allotted time frame.

This event consists of the following:  
SWIM (15 minutes)

TRANSITION 1 (5 minutes)

BIKE (15 minutes) -*YMCA stationary bikes provided*

TRANSITION 2 (5 minutes)

RUN (15 minutes)-*The run is on the indoor track.*

### **Date and Time**

Sunday, March 21, 2010 from 8am to 12 noon. Staggered start times will be assigned 20 minutes apart. Please plan to arrive 30 minutes prior to your scheduled time.

### **Location**

The event will be held at the Dunigan Family YMCA in Evansville, IN.

Packet and T-shirt Pick up will be the morning of the event. Please plan to arrive 30 minutes before your scheduled start time.

### **Registration**

Entries will be limited to the first 48 participants. You can register and sign up on the start schedule at the Dunigan Family YMCA at 6846 Oak Grove Rd, Evansville, IN 47715. There will be no registration on race day.

### **Fees**

\$35/person

### **Awards**

Awards will be presented to top 3 in overall men and women finishers. All participants will be individual.

### **YMCA Indoor Triathlon Registration Form**

Mail to: Dunigan Family YMCA, 6846 Oak Grove Road, Evansville, IN 47715

Name \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_ T-shirt size \_\_\_\_\_  
Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_  
Participant Signature \_\_\_\_\_ Date \_\_\_\_\_