

UNIONTOWN YMCA SPRINT TRIATHLON

200yd swim, 12mi. bike, 5K run

SUNDAY, JUNE 28, 2009

The 1st annual Uniontown sprint triathlon, will be held on Sunday, June 28th, 2009. The swim will be 200yds in YMCA indoor pool. The bike will be a rolling, moderate to challenging 12 mile course with some scenic views of the Laurel Mountains, with NO RAILROAD crossings. Helmets are MANDATORY! The run will be flat to hilly with multiple water stops. Transition Area opens at 5:45AM and CLOSSES at 6:30AM. The Transition Area will be grass ball field, participants are responsible for any bike racks. Please plan for additional time for parking.

Packet Pickup: Packet Pickup on Saturday, between 4:00PM and 7:00 PM at the Uniontown, YMCA is extremely recommended, but there will packet pickup Sunday starting at 5:30AM till 6:00AM.

Swim wave times: Wave times will be posted on www.uniontownYMCA.org the week prior to the race. Participants will have 5 minutes to complete the swim. There will be 6 minutes between waves.

Individual Divisions: Top 3 Male/ Female overall and top 3 in age group

Age Groups: 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54, 55-59, 60-69, 70-over

Fee: \$40 postmarked prior to June 1st, \$45 afterwards. Registration closes June 15th!

Relay Divisions: Top 3 Male, Female, Co-ed, and Corporate

Fee: \$75 postmarked prior to June 1st, \$85 afterwards. Registration closes June 15th!

*Corporate division requires race sponsorship, which includes comp. entry!!!

Register closes at 250 individual and teams!!!

Questions: Contact Bill Poninsky at 724-438-2584 or e-mail: billp@uniontownYMCA.org

Name:		Age on Race Day:			
Address:		Date of Birth:			
City:		Phone:			
State:	Zip:	e-mail:			
PLEASE CIRCLE ONE!!!					
Sex: Female / Male	Shirt size: S M L XL				
Circle One Event:	Individual	Male Relay	Female Relay	CoEd Relay	Corporate Relay
Est. Swim time:	Est. Bike time:		Est. Run time:		
IF Relay, Team Name:					
<i>*Team applications must be submitted together and each team member is required to complete and sign entry form!</i>					
Mail to: Atten: Bill Poninsky, Uniontown Area YMCA, 1 YMCA Lane, Uniontown, Pa 15401					

In consideration of my entry being accepted in the Uniontown YMCA Triathlon race, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and assigns, waive, release and forever discharge any and all rights and claims for damages that I may have or which may hereafter accrue to me against the Uniontown YMCA Triathlon, Uniontown Area YMCA, timing service, PennDOT, and all sponsors. I understand the difficulty of this event and attest that I am in good physical condition.

Athlete Signature: _____ Date _____

Signature of Parent/ Guardian if Athlete under 18 _____