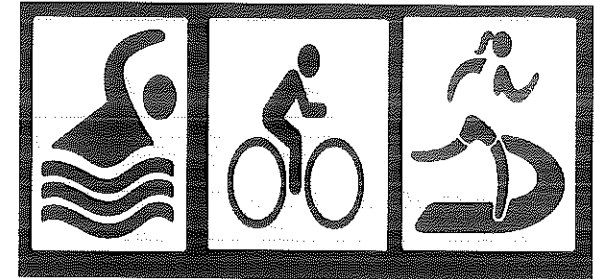


Second Annual
Goldsboro Family YMCA

Youth Triathlon

a beginner triathlon

Presented by



YOUTH TRIATHLON WAIVER:

I verify that I am the parent/guardian of the above named child and that he/she has my permission to participate in YMCA programs and events. I hereby authorize the staff and volunteers of the Goldsboro Family YMCA to act for my child according to their best judgement in any emergency, including those requiring medical or dental attention. I understand that the YMCA carries no medical, dental or accident insurance on participants, and I agree to assume full responsibility for any medical or dental treatment resulting from participation in YMCA programs or activities. Participants and/or parents are expected to have adequate accident insurance to cover the participant. I understand and agree that the above named is voluntarily participating in YMCA programs and at his/her own risk. I agree to assume full responsibility for any damages or injuries to myself/him/her in the YMCA programs, and related activities. I hereby fully and forever exonerate and discharge the YMCA, its staff, volunteers, directors, officers, and agents from any and all claims, demands, damages, rights of action, or causes of action present or future, whether the same be anticipated or unanticipated, resulting from or arising out of participation in YMCA programs or activities.

Special Thanks
to
The Trifectas,
a local triathlon club,
for their partnership
and vision for
creating this exciting event.

Parent/Guardian Signature:

Date _____



- OFFICE USE ONLY -

Entered by: _____

Reviewed by: _____



Saturday, June 24, 2017

Goldsboro Family YMCA

1105 Parkway Drive, Goldsboro NC

Second Annual Goldsboro Family YMCA Youth Triathlon

Race Details

Start time: 7:30 AM (staggered starts)

Suggested participant arrival time: 60 to 90 minutes prior to race start

Course Description

Race begins at the Y pool, continues in neighboring areas and concludes at the Y. Lifeguards and event staff will be provided throughout the course to promote safety and provide support.

Extras

Registered participants will be given an event t-shirt (if registered prior to June 9), an official event medal, and a swim cap. Registered participants may enjoy refreshments after the race, along with additional opportunities to swim for fun and enjoy the popular Action Tower at the Y pool.

Distances

Ages	Swim	Bike	Run
9 & under	25 yards	1 mile	1/2 mile
10-12 yrs	50 yards	2 miles	1 mile
13-17 yrs	75 yards	3 miles	2 miles

Registration

Registration form is provided in the tear off panel on this brochure and may be returned to the YMCA's front desk, along with the appropriate registration fee.

Registration may also be done online at www.runtheeast.com. Please register by Monday, June 9, 2017 if at all possible.

Registration Packets may be picked up at the YMCA on Friday, June 23, 2017 from 5:00 PM until 7:30 PM, or on race day beginning at 6:30 AM.

Free Clinic

A transition clinic will be offered for registered participants at the Y on Friday, June 23, 5:30-6:30 PM.

Required Equipment

Swim suit, running shoes and socks, bicycle and bicycle helmet. Swimming goggles are optional, but helpful.

Weather Changes

Visit the Goldsboro Family YMCA's website at www.goldsboroymca.org for any updates regarding event changes due to weather. Any changes will be announced by 6:00 AM on race day.

For Additional Information, contact Kriquette Davis at 919-778-8557 or kriquette.davis@goldsboroymca.org.

2017 YMCA YOUTH TRI REGISTRATION:

Please submit to
the Goldsboro Family YMCA

Please check one age group:

- 6 - 9 years old
 10 - 12 years old
 13 - 17 years old

Child's Last Name: _____

First Name: _____

Date of Birth: _____

Address: _____

City: _____

Zip Code: _____

Parent/Guardian's Last Name: _____

First Name _____

Email: _____

Cell: _____

T-shirt Size:

Youth S	Adult S
Youth M	Adult M
Youth L	Adult L
Youth XL	Adult XL

Registration Fee \$25 (by June 9) OR \$35 (June 10-23). Payments may be made by credit card or checks made payable to Goldsboro Family YMCA. Event t-shirt guaranteed for participants registered by June 9. Registrations close June 23. No event day registrations.

Parents/Guardians—please be sure to sign waiver on reverse side of this panel. Please note that only course officials and athletes will be allowed on the pool deck during the swimming portion of the race.