

Lima YMCA/Kewpee Triathlon/Duathlon

Sunday, July 25th, 2010
(Pre-race meeting at 7:15 am)

8:00 am
Ottawa Metro Park

East of Lima on State Route 81

Triathlon:
500 YD Swim
14 M Bike
5K Run

Duathlon:
2 Mile Run
14 M Bike
5K Run

Course Specifics:

Swim takes place in the swimming beach at the park. The swim is a loop.

14M Bike is a rolling, fast course on country roads in a large rectangle.

Runs are on the newly finished river walk.

Transition area is a paved parking lot within the park—restrooms are nearby.

Sponsor: Kewpee Hamburgers

Contributors:

Allen County Sheriff's Department

Fat Jacks

International Brake Industries

Lima Run and Jog Club

ACERT

Lima Roadrunners

Poco Loco Swim Shop

Johnny Applesed Metropolitan Park District

REACT

Race Registration and Fees:

\$35 postmarked on or before July 5

\$45 postmarked from July 6-July 19

\$60 postmarked July 20 and race day by 7:00 am

3 Person Team Registration or 2 person non-competitive Team Registration:

\$65 postmarked on or before July 5

\$75 postmarked from July 6-July 19

\$90 postmarked July 20 and race day by 7:00 am

If entering as a team, each team member must fill out a registration form and all entries must be mailed together.

Registration includes t-shirt (if registered by July 19th), finisher's medal, refreshments and door prizes.

Awards will be given to the top three overall male and female in each race as well as the top three in each individual age group.

Please include your email as the YMCA is going green and will no longer bulk mail entry forms after 2010.



2010 Kewpee/Lima Family YMCA Triathlon and Duathlon Registration Form

I am entering the (circle one): Triathlon Duathlon Team

Individual Participant

Groups 19& Under 20-24 25-29 30-34 35-39
(Please circle one): 40-44 45-49 50-54 55-59 60+

Triathlon Team Division

(Please circle one): Male Female Co-ed Master (Combined Ages 120 or more)

Triathlon Team Event (please circle one): Swim Bike Run

Please print: **(you must also sign waiver below)**

Name: _____ M or F Phone () _____

Address: _____

City: _____ State _____ Zip _____

E-mail address: _____

Date of Birth ____/____/____ Age on Race Day _____ **PCS Code 03404**

T-shirts size (please circle): S M L XL XXL (All adult sizes)

Event Waiver Release:

In consideration of the acceptance of my entry, I for myself, my executors, and assignees, do hereby release and discharge the Lima Family YMCA, Lima Run and Jog Club, Johnny Appleseed Metropolitan Park District, The Kewpee, Inc., and any other sponsor and sanctioning body for all claims to damages, demands, actions, whatsoever in any manner arising or growing out of my participation in said athletic event. I fully understand that no medical expense coverage is provided by the sponsors and that any medical expense incurred must be covered by my own insurance policy. I also give permission for first aid. I further attest that I am physically fit and sufficiently trained for competition in all three events.

Signature of Participant _____

Signature of Parent _____

(required if participant is under 18 years of age)

Please mail entry fees and registration to:

**Lima Family YMCA
c/o Race Director
345 S. Elizabeth St.
Lima, OH 45801**

Questions? E-mail limaymcaracing@hotmail.com or call 419-233-5487

Confirmation packets can be checked at <http://ohioroadraces.net/>

You may also register online at active.com or limaymca.net

In case of inclement weather, partial voucher will be given for a future Kewpee