

Lima YMCA/Kewpee Triathlon/Duathlon

Part of the Kewpee Racing Series

Sunday, August 6th, 2017 **8:00 am**
(Pre-race meeting at 7:40 am) **Ottawa Metro Park**

East of Lima on State Route 81

Triathlon:
500 YD Swim
15 M Bike
5K Run

Duathlon:
2 Mile Run
15 M Bike
5K Run

Course Specifics:

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

15 M 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

Johnny Appleseed Metropolitan Park District

ACERT

Crankers Cycle Shop

Poco Loco Swim Shop

Lima Memorial Health System

Bath Township Fire & Rescue

Race Registration and Fees:

\$45 postmarked on or before April 30th

\$50 postmarked on or before July 15th

\$60 July 16th-31st and race day by 7:00 am (Please do not register between 8/1 & 8/5. You are encouraged to email and inform us of your intent to register on race day)

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

\$60 postmarked on or before July 1st

\$75 postmarked from July 2nd -July 15th

\$90 July 16th-31st 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 (guaranteed by July 31st), refreshments and door prizes. Participant medals will be dated 2017 for the first 150 registered & given in order of registrations

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.



2017 Kewpee/Lima Family YMCA Triathlon and Duathlon Registration Form

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

First Individual Triathlon Yes No

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 _____

Emergency Contact _____ Emergency Contact Phone (____) _____

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 / Guardian _____

(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 or text 419-233-5487

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

You may also register online at active.com

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