

Waiver: I know that running a triathlon race could be dangerous. I will not enter the race unless I am medically able and have trained properly. I will abide by any decision that the race official makes relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to the following: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, road conditions and traffic, all other risks known and appreciated by me. After reading this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Chambersburg YMCA, Borough of Chambersburg and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature

Signature (18 and under parent or guardian)

Signature

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REGISTRATION FORM

Individual Team

Name: _____ D.O.B. _____

Male/Female: _____ Circle: Bike Swim Run

Email: _____

Estimated swim time _____

Name: _____ D.O.B. _____

Male/Female: _____ Circle: Bike Swim Run

Email: _____

Name: _____ D.O.B. _____

Male/Female: _____ Circle: Bike Swim Run

Email: _____

2017 TRIATHLON PERFORMANCE SHIRTS ARE AVAILABLE FOR AN ADDITIONAL \$10

(Registration must be received by 09/18/2017 for t-shirt)

Shirt Size	Quantity
Small	
Medium	
Large	
Extra Large	
2X Large	



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM BIKE RUN

3X THE FUN



CHAMBERSBURG YMCA SPRINT TRIATHLON

Saturday,
September 30, 2017

THE EVENT

- **500 meter/yard swim**
(Men: 500 meter swim
Women: 500 yard swim)
- **16 mile bike ride**
- **5k run**

TRAINING OPPORTUNITIES

Try the course before race day! The cycling and running portion will be covered during the training days, feel free to participate in both or just one of the events. Meet at the front of the Y!

- **June 27, 2017 at 9:00 AM**
- **July 29, 2017 at 9:00 AM**
- **August 19, 2017 at 9:00 AM**



REGISTRATION

Race Day Check-In begins at 6:45 AM

Race begins at 8:00 AM

Field size will be limited to 100 registrations. No Race Day entries.

- Registration does not include a t-shirt *Please see information below
- Swimmers will be seeded according to estimated swim time.
- Transitions will occur in the YMCA parking lot.
- Bike helmets are required.
- Checks payable to **Chambersburg YMCA**. No refunds will be given.



Registration Dates	Individual	Team
June 1-30th	\$50.00	\$75.00
July 1-31st	\$60.00	\$85.00
August 1-31st	\$70.00	\$95.00
September 1-18th	\$75.00	\$100.00
Triathlon T-Shirt	\$10.00/Shirt	

Post Race Day Social & Awards

- Following the completion of the race there will be an award ceremony.
- All race participants are eligible for post race raffles. Must be present to win.
- 1st and 2nd place will be awarded for individual male and female, and masters male and female. Teams placing in 1st and 2nd and Masters 1st and 2nd will also be awarded.
- Age awards will go 1st place for 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60+



Chambersburg YMCA
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www.chbgy.org

Race Directors

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