

**Waiver:** I know that participating in 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 (If 18 and under parent or guardian must sign )

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\_\_\_\_\_  
Signature (If 18 and under parent or guardian must sign )

**Photo Release:** I give my permission to the media to use pictures in any newspaper, broadcast or other account of this event without limitation and obligation to anyone to compensate me therefore.

\_\_\_\_\_  
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\_\_\_\_\_  
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## REGISTRATION FORM

\_\_\_ Individual \_\_\_ Team

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Male/Female: \_\_\_\_\_ Circle: Bike Swim Run

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Estimated swim time \_\_\_\_\_

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Male/Female: \_\_\_\_\_ Circle: Bike Swim Run

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Estimated swim time \_\_\_\_\_

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Male/Female: \_\_\_\_\_ Circle: Bike Swim Run

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Estimated swim time \_\_\_\_\_

### 2019 TRIATHLON LONG SLEEVE SHIRTS ARE AVAILABLE FOR AN ADDITIONAL \$ 10

(Registration must be received by  
09/12/2019 for long sleeve)

Shirt Size	Quantity
Small	
Medium	
Large	
Extra Large	
2X Large	



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

I TRI  
THEREFORE  
I AM



**CHAMBERSBURG YMCA  
SPRINT TRIATHLON**

**Saturday,  
September 28, 2019**

## 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!

- **July 13th at 9AM**
- **August 24th at 9AM**



## REGISTRATION

**Race Day Check-In begins at 6:30 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. No helmet no riding.
- Checks payable to **Chambersburg YMCA**. No refunds will be given.



Registration Dates	Individual	Team
March 1-May 31st	\$50.00	\$75.00
June 1-30th	\$60.00	\$85.00
July 1-31st	\$70.00	\$95.00
August 1-31st	\$80.00	\$105.00
September 1-20th	\$90.00	\$115.00
Triathlon Long Sleeve 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 pre race raffles. Must be present to win.
- 1<sup>st</sup> and 2<sup>nd</sup> place will be awarded for individual male and female, and masters male and female. Teams placing in 1<sup>st</sup> and 2<sup>nd</sup> will be awarded.
- Age awards will go 1<sup>st</sup> 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**  
**570 East McKinley Street**  
**Chambersburg, PA 17201**

Phone: 717-263-8508

Fax: 717-263-9639

[www.chbgy.org](http://www.chbgy.org)

**Race Directors**

Ellen Poe: [epoe@chbgy.org](mailto:epoe@chbgy.org)

Erica Ragno: [eragno@chbgy.org](mailto:eragno@chbgy.org)

Brittney McClure: [bmcclure@chbgy.org](mailto:bmcclure@chbgy.org)