



**BE A CHAMPION!**



**SWIM**



**BIKE**



**RUN OR WALK**



**Decatur County  
Family YMCA**



**Winter  
Indoor Triathlon**

**10 minute Swim  
15 minute bike  
15 minute run**

**Saturday  
January 27, 2018**

**1st Heat Begins 9:00 am  
2nd Heat Begins at 9:30 am  
(new heat begins every  
30 minutes)**

## Special thanks to our sponsors

Decatur County Memorial Hospital, Honda, Hilliard Lyons, ETC, GeCom, Steve & Mary Stradley, Valeo, AgPro, Williams Law Office, Crafts & Occasions, Advanced Vacuum Services, Milestone, O'Mara Foods Inc., Game Plan Graphics Fry's A&W, First Federal Savings & Loan, KB Specialty Foods, MainSource Bank, Lowe's, J.P. Goddard, Miers Farm Corp, Witkemper Insurance, Johnson Family, HyGrade Excavating, Wilma&Drew Young

**RACE ENTRY FEE: \$20**

### Age groups

9-16  
17-21 / 22-29  
30-39 / 40-49  
50+

\*Overall winners are not eligible for age group awards

### Awards

Overall Male and Female Finishers  
Will receive a Trophy  
Top 3 Finishers per age group will receive medals.

### Scoring

Mileage will be recorded

Total available points are based on total number of participants in the event. For example, if there are 20 participants in the event, the athlete that ran/walked the farthest receives 20 points.

Second farthest receives 19 points and so on. Same for the bike and run. The three scores for each participant are totaled for an overall score. The overall male and female winner will receive a trophy. Metal will be given for 1st, 2nd, and 3rd place for each male/female age division.

## RACE Day Instructions

**Event Times** - 10min swim  
15min bike (stationary)  
15min run (treadmill)

### Heats

- Heats of 2-4 participants will start every 30 min.

### Transitions

- Each participant will be given score card, which you will take to a volunteer at each event
- After swim, you have 10 minutes to get to the bikes in wellness center, then ride 15 minutes.
- After bikes, you have 3 minutes to get to treadmill
- You will have 15 minutes on the treadmill to finish

### Swim 1st

- Swim is in lap lanes in pool
- Flip turns or open turns are allowed
- Laps will be recorded and points tallied
- Goggles or caps are not provided, but can be used
- For scoring, laps are rounded to the nearest lap less than 1/2 lap will be rounded down greater than 1/2 lap will be rounded up

### Bike 2nd

- Indoor cycling bikes are used
- Score cards will be given to each volunteer at bike
- You have 10 minutes to get to bike from pool
- Earphones ARE ALLOWED
- You will have a 15 minute ride on spinning bike

### Run 3rd

- Treadmills are used
- Score cards are given to volunteer
- You set your own speed
- Earphones ARE ALLOWED
- You will have a 15 minute time to complete

## Entry Form

Return to the YMCA

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

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

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

AGE (on 01-27-18) \_\_\_\_\_ Male/Female \_\_\_\_\_  
Birthdate \_\_\_\_\_

Where did you pick up flyer for the Indoor Tri \_\_\_\_\_  
Would you like to be a volunteer?  
\_\_\_\_\_

**Registration deadline is Wednesday, January 24, 2018**

Choose the group below:

Females	9-16	_____	Males	9-16	_____
	17-21	_____		17-21	_____
	22-29	_____		22-29	_____
	30-39	_____		30-39	_____
	40-49	_____		40-49	_____
	50+	_____		50+	_____

Make checks payable to: **Decatur County Family YMCA**  
Or register online at [www.decaturcountymca.org](http://www.decaturcountymca.org)

Waiver: I hereby waive and release any and all rights and claims for damages I have against the sponsors, officials, and the Decatur County Family YMCA for any injury that I may suffer during my participation in the Winter Indoor Triathlon Event scheduled to be held on January 27, 2018. I attest that I am physically fit and have trained for this event, and that I am entering this event of my own free will.

Signature \_\_\_\_\_

Parent / Guardian Signature for minor under 18

Decatur County Family YMCA  
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[www.decaturcountymca.org](http://www.decaturcountymca.org) also on facebook