

UNIONTOWN YMCA SPRINT TRIATHLON

200yd swim, ~12mi. bike, 5K run

SUNDAY, JUNE 27th, 2010

The 2nd annual Uniontown sprint triathlon, will be held on Sunday, June 27th, 2010. The swim will be 200yds in the YMCA indoor pool. The bike will be a rolling, moderate to challenging 12 mile course with some scenic views of the Laurel Mountains, with NO RAILROAD crossings. Helmets are MANDATORY! The run will be flat to hilly with multiple water stops. Transition Area opens at 5:30AM and CLOSES at 6:30AM, thus ALL athletes MUST arrive prior to 6:00AM!!! The Transition Area will be grass ball field. Participants are responsible for any bike racks, although slots will be assigned. Shower and locker facilities are available pre and post race. Please plan additional time for parking in the morning!

Packet Pickup: Packet Pickup is extremely recommended on Saturday between 4:00PM and 7:00 PM at the Uniontown, YMCA, however there will be a packet pickup Sunday from 5:30AM till 6:00AM.

Swim wave times: Wave times will be posted on www.uniontownYMCA.org and/or www.fayettestriders.org the week prior to the race. Participants will have 5 minutes to complete and there will be 6 minutes between waves.

Individual Divisions: Top 3 Male/ Female overall and top 3 in age group

Age Groups: 16-19; 20-29; 30-34; 35-39; 40-44; 45-49; 50-54, 55-59, 60-69, 70-over

Fee: \$40 postmarked prior to June 4th, \$45 postmarked before June 20th, and \$50 afterwards.

Relay Divisions: Top 3 Male, Female, Co-ed, and Corporate

Fee: \$60 postmarked prior to June 4th, \$75 afterwards.

*Corporate division requires race sponsorship, which includes comp. entry!!!

Registration closes at 250 individual and teams!!!

Post Race: There will be a post race party with refreshments and awards.

Questions: Contact Bill Poninsky at 724-438-2584 or e-mail: billp@uniontownYMCA.org

Name:		Age on Race Day:			
Address:		Date of Birth:			
City:		Phone:			
State:	Zip:	e-mail:			
PLEASE CIRCLE ONE!!!					
Sex: Female / Male	Shirt size: S M L XL				
Circle One Event:	Individual	Male Relay	Female Relay	CoEd Relay	Corporate Relay
Est. Swim time:	Est. Bike time:		Est. Run time:		
IF Relay, Team Name:					
<i>*Team applications must be submitted together and each team member is required to complete and sign entry form!</i>					
Mail to:	Atten: Bill Poninsky, Uniontown Area YMCA, 1 YMCA Lane, Uniontown, Pa 15401				

In consideration of my entry being accepted in the Uniontown YMCA Triathlon race, I, intending to be legally bound, do hereby, for myself, my heirs, executors, and assigns, waive, release and forever discharge any and all rights and claims for damages that I may have or which may hereafter accrue to me against the Uniontown YMCA Triathlon, Uniontown Area YMCA, timing service, PennDOT, and all sponsors. I understand the difficulty of this event and attest that I am in good physical condition.

Athlete Signature: _____ Date _____
Signature of Parent/ Guardian if Athlete under 18 _____