

UNIONTOWN YMCA SPRINT TRIATHLON

200yd swim, 13mi. bike, 5K run

SUNDAY, JUNE 19th, 2011

The 3rd annual Uniontown sprint triathlon, will be held on Sunday, June 19th, 2011. The swim will be 200yds in the YMCA indoor pool. The bike will be a rolling, moderate to challenging 13 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 7:00AM, thus ALL athletes MUST arrive prior to 6:30AM!!! The Transition Area will be in main parking lot with bike assigned racks supplied. Shower and locker facilities are available pre and post race. Please reserve time for parking in the morning!

New for 2011:

- 1st Wave 7:00 AM (previously 6:30)
- The YMCA will offer certified daycare services from 6:00AM to 10:00AM. "RaceCare" will cost an additional \$10 per child. Children will have an opportunity to cheer parents along.
- The YMCA Triathlon committee is proud to debut the Vintage division, where old timers can pull out their non carbon frames and wheels, down tube shifters, and toe clips. For an additional \$5 participants can compete overall and in their age group along with competing in the vintage division (Top 3)!

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 6:30AM.

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 200yds. A 1 minute penalty is added per length that is not completed. Note: There is 6 minute 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 May 23rd, \$45 postmarked before June 10th, and \$50 afterwards.

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

Fee: \$60 postmarked prior to May 23rd, \$75 afterwards.

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

Registration closes at 200 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:		Sex: Female / Male	
Address:		Date of Birth:	
City:		Phone:	
State:	Zip:	e-mail:	
Num of RaceCare: ____	Shirt size: S M L XL	Vintage?: YES / NO	
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 _____