

**Registration Form** PLEASE PRINT

Please check only one entry selection.  
Entries limited to the first 80 teams and/or individuals.  
Pre-registration by January 24. No refunds.

**Individual:**  Male  Female  
(Note: Individual please complete swim section)

**Team Relay:** 3 members consisting of any combination of male and/or female participants

Team Name \_\_\_\_\_

**Swimmer - 400 yards**

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

YMCA of Greater Des Moines Member  Yes  No

Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

T-shirt Size:  S  M  L  XL  XXL (+\$2 to entry fee)

**Biker - 8 miles on Keiser Spin Bike**

Estimated bike time: \_\_\_\_\_

YMCA of Greater Des Moines Member  Yes  No

Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

Email \_\_\_\_\_

T-shirt Size:  S  M  L  XL  XXL (+\$2 to entry fee)

**Runner - 2 miles on treadmill**

Estimated run time: \_\_\_\_\_

YMCA of Greater Des Moines Member  Yes  No

Age \_\_\_\_\_ Birthdate \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

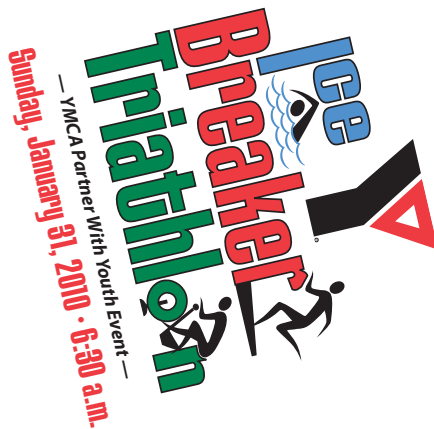
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

T-shirt Size:  S  M  L  XL  XXL (+\$2 to entry fee)

**SIGN RELEASE ON REVERSE SIDE**



Walnut Creek Family YMCA  
948 73rd Street  
Des Moines, IA 50312

YMCA of Greater Des Moines



**Sunday, January 31, 2010 • 6:30 a.m.**

**Walnut Creek Family YMCA**

**948 73rd Street, Des Moines, IA 50312**

**515-224-1888**

## Sunday, January 31, 2010 • 6:30 a.m.

Packet pickup is Friday, January 29 • 4 - 7 p.m.

### Entry Fee

#### Before January 17

Individual \$45 (YMCA of Greater Des Moines Member \$35)

Team \$75 (YMCA of Greater Des Moines Member \$65)

#### January 18 - 24 (Prior approval from the director is required)

Individual \$55 (YMCA of Greater Des Moines Member \$50)

Team \$85 (YMCA of Greater Des Moines Member \$??)

**Fee includes:** long sleeve performance t-shirt and post race party. Make checks payable to Walnut Creek Family YMCA. You'll be notified of your assigned start time at packet pickup. Lockers and showers are available. Bring your own lock and a towel.

**Entries limited to the first 80 teams and/or individuals because of facility constraints.**

### Packet Pickup

#### Friday, January 29, from 4 - 7 p.m.

**Note:** There will be no packet pick-up on race day. If you can not pick up your packet during the designated time, arrangements must be made with the director to pick it up prior to race day.

For more information about this event please call the Walnut Creek Family YMCA at (515) 224-1888.

### Race Day Schedule & Rules

**Starting Times** Every 15-25 minutes beginning at 6:30 a.m. (Times assigned at packet pick-up)

**Note:** In order to protect the equipment and to better ensure participant safety, individuals **MUST** change out of swimsuits and into dry clothes after the swim, prior to exiting the locker room. Remember, it will affect everyone's transition time. Additional race day rules will be provided in the race packets.

### Distances

Swim – 400 yard swim  
Bike – 8 miles Keiser Spin Bike  
Run – 2 miles



We Build Strong Kids, Strong Families, Strong Communities.

### Age Categories

#### Male/Female

- 30 and under
- 31-40
- 41-50
- 51 and over

**Team Relay:** 3 members consisting of any combination of male and/or female participants.

**\*All team members must be YMCA Members to receive discount.**

### Awards (promptly after last heat is completed)

- Individual awards for the top male and female in their age division.
- Awards for the top team.

### YMCA Partner With Youth

**The last two words of our mission – for all – are the words that drive the Partner With Youth Campaign. Partner With Youth...**

- Provides a FREE 3-month Family Membership to Trim Kids participants and their families.
- Offers a safe place and programming for teenagers through its Saturday Night Live program where they engage in positive social activities on the weekend.
- Allows children to experience the YMCA Summer Day Camp – an experience filled with field trips, educational opportunities, and fun!

The YMCA serves all children and families through our programs and services. Thanks to many generous community supporters, the YMCA strives to not turn away anyone due to an inability to pay. Please ask about our program financial assistance policy. Because of generous contributions to the Partner With Youth Campaign, the YMCA of Greater Des Moines continues to help build strong kids, strong families, and strong communities.

**For more information regarding the Partner With Youth Campaign, please call 515-471-8519.**

### Thank you to our event sponsors!

Hy-Vee  
Fitness Sports  
Push-Pedal-Pull  
Atlantic Bottling Co.  
Anderson Erickson  
Des Moines Triathlon Club

### Waiver Form

*In consideration of my participation in the Walnut Creek Family YMCA Indoor Triathlon, I the undersigned, my heirs, executors and administrators consent to discharge, release, and hold harmless the Walnut Creek Family YMCA, race sponsors, workers, and their affiliates agents, servants, employees, successors, and distributors for claims, action losses, damages, or expenses for personal bodily injury, and property loss or damage incurred by me arising out of or in connections with my participation in this triathlon.*

I HAVE READ THE FOREGOING AND AM OF LEGAL AGE TO CONSENT TO THE WAIVER, AND HAVE TRAINED TO THE BEST OF MY ABILITY FOR THIS TRIATHLON.

TEAM/INDIVIDUAL Signature(s) below

\_\_\_\_\_  
\_\_\_\_\_

**SIGNATURE (PARENT OR GUARDIAN SIGNATURE IF PARTICIPANT IS UNDER 18 YEARS OF AGE)**

### Publicity Releases

*I hereby grant the Walnut Creek Family YMCA permission to use my image and/or likeness in photographs, slide shows, or video recordings, including by extension and all of its promotional advertising and in any and all other media, whether known or hereafter existing, controlled by the Walnut Creek Family YMCA. I will make no monetary or other claim against Walnut Creek Family YMCA for the use image or images.*

I agree  I disagree \_\_\_\_\_  
Participants Name

I agree  I disagree \_\_\_\_\_  
Participants Name

I agree  I disagree \_\_\_\_\_  
Participants Name

### RETURN WITH YOUR CHECK MADE PAYABLE TO:

Walnut Creek Family YMCA  
948 73rd Street  
Des Moines, IA 50312  
515-224-1888  
walnutcreek@dymca.org