



General Information

Triathlon/Duathlon Course Specifics:

Triathlon:

500 Meter Swim
16 Mile Bike
5K Run

Duathlon:

5K Run
16 Mile Bike
5K Run

The **500 Meter Swim** takes place in the Greenville City Pool. You will swim 10 laps (20 lengths). There will be two swimmers per lane. This is a staggered start with 10 swimmers in the pool at a time.

The **16 Mile Bike** is an open, rolling, fast course with several hills on city and country roads.

The **Run Course** is within the Greenville City Park on a multitude of surfaces including the swinging bridge.

Triathlon/Duathlon Race Divisions:

Male and Female: 19 & under; 20-29; 30-39; 40-49;
50-59 and 60+

Relay: Male, Female, Coed

Youth Race:

100 Meter Swim; 2 Mile Bike; 800 Meter Run
Race Divisions: Ages 9-10 and 11-12

Kids' Race:

100 Meter Swim; 1 Mile Bike; 400 Meter Run
Race Divisions: Ages 5-6 and 7-8

Additional Information:

*All events will be chip-timed with ankle bracelets.

*Bike helmets are **REQUIRED** for the bike portion!

*Those with the fastest swim times, relay teams or those with children participating in the Youth or Kids Race will have priority start times for the swim portion.

*Finisher medals will be given to all participants.

*Awards will be given to the top 3 finishers in each division per event.

*Showers and changing areas are available at the Greenville City Pool after completion of the event.

Registration Information:

Advanced registration includes a Midwest Ohio Triathlon Shirt. A limited number of shirts will be available for purchase on race day. **Deadline for Advance Registration is Wednesday, August 11, 2010!**

FEES*:	ADVANCE REGISTRATION	AFTER DEADLINE
TRIATHLON/DUATHLON	\$40	\$60
YOUTH RACE	\$15	\$20
KIDS RACE	\$10	\$15
RELAY	\$75	\$95

*YMCA of Darke County members receive a \$5 discount.

Schedule, Location and Contact Info:

What: Midwest Ohio Triathlon / Duathlon

Where: Greenville City Park - City Pool

When: Saturday, August 21, 2010; 7:00 a.m.

Why: To benefit the YMCA Scholarship Fund

Contact: Melissa Heidrich at (937) 548-3777
Jeff Coudron at (937) 361-6825 or

Online: www.speedy-feet.com

5:30AM Triathlon/Duathlon Packet Pick-up
Day Of Registration Open

6:30AM Bikes MUST be Racked and in Transition Area

6:45AM **MANDATORY** Pre-Race Meeting - Pool Side

7:00AM Triathlon Race Begins

7:05AM Duathlon Race Begins

9:00AM Youth/Kids Race Packet Pick-up
Day Of Registration Open

10:00AM Youth Race Begins

10:30AM Kids Race Begins

11:00AM Awards Ceremony and Door Prizes

2010 Registration Form

Event: Triathlon Duathlon Relay
 Youth Race Kids Race

Division: 5-6 7-8 9-10 11-12
 19 & Under 20-29 30-39 40-49 50-59 60+
 Male Female Coed

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ D.O.B: _____

Emergency Contact: _____

Phone: _____ Predicted Swim Time: _____

I have a child participating in the Youth or Kids Race!

2nd Relay Team Member: _____

3rd Relay Team Member: _____

(Each team member must complete a form. All forms with one payment must be submitted together.)

Shirt Size: Adult/Youth S M L
Adult Only XL XXL

Total Amount Due: _____

Make checks payable to: "YMCA of Darke County"

Mail to: 301 Wagner Avenue, Greenville, OH 45331

Fax Credit Card Registrations to: (937) 548-1038

VISA / MC / Discover Credit Card # (10 digits)

3-Digit V-Code _____ Expiration Date ____ / ____

Signature: _____

You must also sign the waiver on reverse side!

Event Waiver Release:

I have read the Midwest Ohio/YMCA Triathlon/Duathlon entry form completely and understand the policies of the events. I know that participating in a triathlon is a potentially hazardous activity. I should not participate unless I am medically able. I understand the nature of, and assume all risks associated with, my voluntary participation in these events, including, but not limited to, falls, contact with other participants, the effects of weather, including extreme temperatures and precipitation, and traffic. Knowing these facts, I for myself, heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE, AND DISCHARGE YMCA and the City of Greenville, and all sponsors affiliated with the YMCA's Midwest Ohio Triathlon, race officials, workers or volunteers, their representatives, successors or assigns for ANY and ALL claims or liability, whether seen or unforeseen, for death, personal injury, or property damage arising out of, or in the course of, my participation in the events. I further grant full permission to the YMCA to use my photographs, video tapes, motion pictures, or other record of the event for any reasonable purpose.

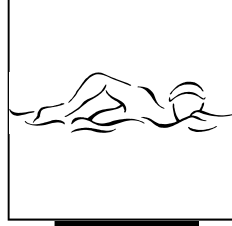
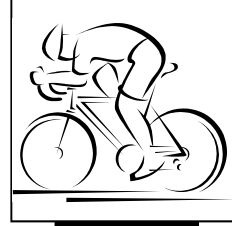
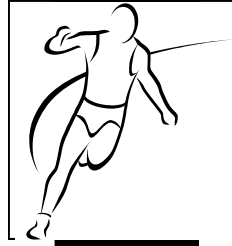
Signature of Participant: _____

Signature of Parent: _____

(Parent Signature is required if participant is under 18 years of age)

Midwest Ohio Triathlon-Duathlon
YMCA of Darke County
301 Wagner Avenue
Greenville, OH 45331

Non-Profit Org.
U.S. Postage
PAID
Greenville, OH 45331
Permit No. 269



6th Annual Midwest Ohio
TRIATHLON
DUATHLON

Saturday, August 21, 2010
Greenville, Ohio



Proceeds benefit the
YMCA of Darke County
Scholarship Assistance Program