



General Information

Course Specifics:

Triathlon:

500 Meter Swim
16 Mile Bike
5K Run

Duathlon:

2 Mile 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.

The **16 Mile Bike** is a rolling, fast course with several hills. The course is an open road course on city and country roads. **Bike helmets are required!**

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

Race Divisions:

Male and Female: 20-29; 30-39; 40-49; 50-59 and 60+
Youth: Ages 19 and Under

*Awards will be given for the top 3 finishers in each division per event. Custom finisher medals will be given to all participants.

Relay: Male, Female, Coed

*Awards will be given to the top team in each division per event. Custom finisher medals will be given to all participants.

Kids' Race:

100 Meter Swim; 1 Mile Bike; 400 Meter Run
Race Divisions: Ages 5-6; 7-8; 9-10 and 11-12

*All events of the Kids' Race will be held within the park.

Bike helmets are REQUIRED!

**Custom finisher medals will be given to all participants.

Registration Information:

Advanced registration includes a Midwest Ohio Triathlon t-shirt. A limited number of shirts will be available for purchase on race day. **Deadline to Register is Wednesday, August 12, 2009!**

FEES*:	ADVANCE REGISTRATION	AFTER DEADLINE
ADULT/YOUTH	\$40	\$60
KIDS	\$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 22, 2009; 7:00 a.m.
Why: To benefit the YMCA Scholarship Fund
Contact: Darla Sutherland at (937) 548-3777
dsutherland@ymcadarkecounty.org or
Jeff Coudron at (937) 361-6825
jeffrey_coudron@yahoo.com

6:00AM Packet Pick-up and Late Registration
6:40AM Bikes MUST be Racked and in Transition Area
6:45AM **MANDATORY** Pre-Race Meeting - Pool Side
7:00AM Adult/Youth/Relay Triathlon Race Begins
(Staggered start; 10 swimmers at a time)
7:05AM Adult/Youth/Relay Duathlon Race Begins
9:00AM Kids Race Packet Pick-up and Late Registration
10:00AM Kids' Race Begins
(Staggered start; 10 swimmers at a time)
11:00AM Awards Ceremony and Door Prizes

2009 Registration Form

Event: Triathlon Duathlon Relay 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: _____

Shirt Size: Adult/Youth XS S M L XL - Adult Only

2nd Relay Team Member: _____

Male Female

3rd Relay Team Member: _____

Male Female

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

Total Amount Due: _____

Make checks payable to: "YMCA of Darke County"

Mail to: P.O. Box 128, 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)

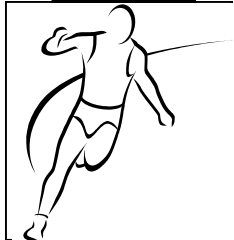
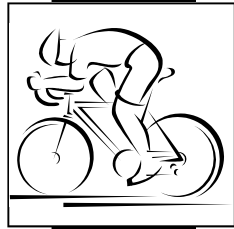
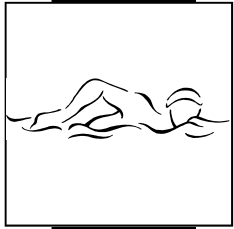
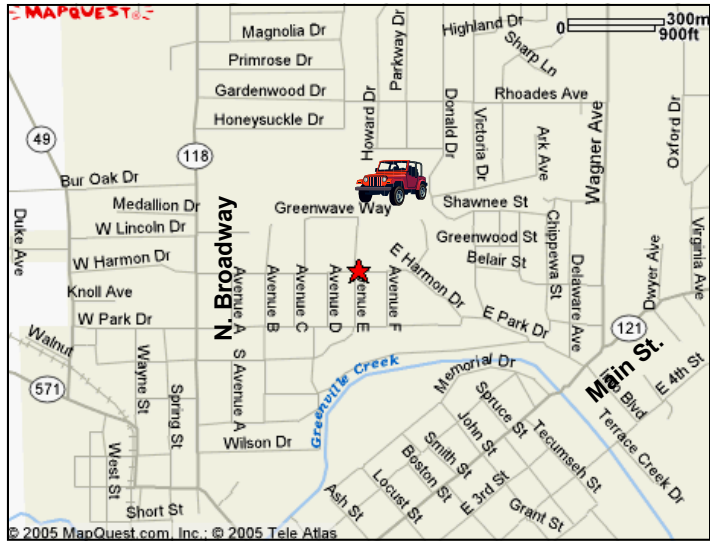


Midwest Ohio TRIATHLON DUATHLON

**The Midwest's "Most Scenic" Triathlon
Benefiting the YMCA of Darke County**

The Midwest Ohio Triathlon takes place in Greenville, Ohio, a historic country town located North of Dayton, West of Columbus, South of Toledo and East of Indianapolis - you can't get more centrally located than that!

All events are conveniently anchored at Greenville's scenic park. The Adult/Youth/Relay race will bring you to the outskirts of town through harvesting corn fields, winding back through the ponds of the wooded park, and finishing like a true athlete at Harmon Stadium! We want you to be a part of the tradition!



Midwest Ohio TRIATHLON DUATHLON

**Saturday, August 22, 2009
Greenville, Ohio**



Proceeds benefit the
YMCA of Darke County
Scholarship Assistance Program