Waiver: I know that participating in a triathlon race could be dangerous. I will not enter the race unless I am medically able and have trained properly. I will abide by any decision that the race official makes relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to the following: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, road conditions and traffic, all other risks known and appreciated by me. After reading this waiver and knowing these facts and in consideration of your accepting my entry, I , for myself and anyone entitled to act on my behalf, waive and release the Chambersburg YMCA, Borough of Chambersburg and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (If	18 and under parent or guardian must sign)
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Photo Release: I give my permission to the media to use pictures in any newspaper, broadcast or other account of this event without limitation and obligation to anyone to compensate me therefore.

Signature (If 18 and under parent or guardian must sign)

REGISTRATION FORM

Individual	Team			
Name:			D.C).B
Male/Female:	Circle:	Bike	Swim	Run
Email:				
Estimated swim time _			_	
Name:			D.C	D.B
Male/Female:	Circle:	Bike	Swim	Run
Email:				
Name:		D.O.B		
Male/Female:	Circle:	Bike	Swim	Run
Email:				

2018 TRIATHLON LONG SLEEVE SHIRTS ARE AVAILABLE FOR AN ADDITONAL \$10

(Registration must be received by 09/14/2018)

Shirt Size	Quantity		
Small			
Medium			
Large			
Extra Large			
2X Large			



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DECIDE DEDICATE DELIVER



CHAMBERSBURG YMCA SPRINT TRIATHLON

Saturday, September 29, 2018

THE EVENT

- 500 meter/yard swim (Men: 500 meter swim Women: 500 yard swim)
- 16 mile bike ride
- 5k run

TRAINING OPPORTUNITIES

Try the course before race day! The cycling and running portion will be covered during the training days, feel free to participate in both or just one of the events. Meet at the front of the Y!

- July 28, 2018 at 9:00 AM
- August 18, 2018 at 9:00 AM



REGISTRATION

Race Day Check-In begins at 6:45 AM Race begins at 8:00 AM

Field size will be limited to 100 registrations. No Race Day entries.

- Registration does not include a t-shirt *Please see information below
- Swimmers will be seeded according to estimated swim time.
- Transitions will occur in the YMCA parking lot.
- Bike helmets are required.
- Checks payable to Chambersburg YMCA. No refunds will be given.



Registration Dates	Individual	Team	
June 1-30th	\$50.00	\$75.00	
July 1-31st	\$60.00	\$85.00	
August 1-31st	\$70.00	\$95.00	
September 1-21st	\$75.00	\$100.00	
Triathlon Long Sleeve Shirt	\$10.00/Shirt		

Post Race Day Social & Awards

- Following the completion of the race there will be an award ceremony.
- All race participants are eligible for post race raffles. Must be present to win.
- 1st and 2nd place will be awarded for individual male and female, and masters male and female. Teams placing in 1st and 2nd and Best Themed Team will be awarded.
- Age awards will go 1st place for 15 and under, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59 and 60+



Chambersburg YMCA 570 East McKinley Street Chambersburg, PA 17201

Phone: 717-263-8508 Fax: 717-263-9639 www.chbgy.org

Race Directors

Ellen Poe: epoe@chbgy.org
Erica Ragno: eragno@chbgy.org