

WE NEED VOLUNTEERS!!

Sign-up to be a volunteer for our Youth Triathlon and you will get to see your child in action. Some of the places that we would need volunteers for would be the following:

**Set-up,
Road Marshal,
Transition Zone Marshal,
Timer,
Athlete Support Staff,
& General volunteer support**

For more information on volunteering please see our front desk or call the Y at 695.4467

HOLLIDAYSBURG AREA YMCA

COMMUNITY WELLNESS CHALLENGE SERIES

Presented by



UPCOMING RACES

Hollidaysburg Diamond Dash

Saturday, September 9 at 8:00am

Races: 10k Run, 6k Run, 5k Walk

October Half Marathon & Races

Saturday, October 7 at 8:00am

Races: Half-Marathon, 10k Run, 5k Walk

Perry Wellington 4.5M Turkey Trot Race

Saturday, November 25 at 8:30am

Races: 4.5 Mile Run, 2 Mile Run, 2 Mile Walk

Twilight Race

Sunday, December 31

Races: 5k Run - 4:00pm

2M Run - 4:30pm, 2M Walk - 5pm

RACE OVERVIEW

The Hollidaysburg YMCA Youth Triathlon is open to children 6-15. **No experience is necessary.**

This is a fantastic opportunity for your child to participate in an enjoyable athletic event that promotes a healthy lifestyle, provides a chance to meet new friends and build self confidence. The courses and distances will be achievable for all athletes, promoting a philosophy of completion rather than competition. The focus of the event is not on finish times, placing or rankings; rather a sense of accomplishment. Each child will receive a medal for crossing the finish line.

The race will be broken down into 4 waves, with different heats per wave. Heats will be determined at registration close. Racers will be separated into their waves based on age.

REQUIRED EQUIPMENT

- Bicycle (pre-race safety check on race day)
- Helmet
- Swim suit
- Swim cap (will be provided on race day)
- Running shoes
- T-shirt (to wear for bike & run portion)
- Race Number (provided, must pin to shirt)

OPTIONAL EQUIPMENT

- Water bottle (there will be water stations)
- Shorts (to wear for bike & run portion)
- Blanket/Towel (for transition area)
- Hat/Visor
- Goggles
- Socks



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOLLIDAYSBURG AREA YMCA

Youth Triathlon

Ages: 6-15



SATURDAY, AUGUST 12, 2017

Start: 9:00AM



HOLLIDAYSBURG AREA YMCA

YOUTH TRIATHLON - SATURDAY, AUGUST 12, 2017 @ 9:00AM

IMPORTANT INFORMATION:

- A hard shell helmet is required for the bike race.
- All participants must wear the swim cap provided.
- **Transition area will be accessible only to triathletes.**
- Lifeguards will be overseeing the swim.
- No drafting permitted.
- No iPods or headsets of any kind (for safety reasons).

REGISTRATION:

Registrations may be mailed in, or dropped off at the YMCA Front Desk. T-shirts will be provided to all registered racers.

RACE PACKET PICK UP:

BEFORE THE RACE:

Race packets will be available at the Hollidaysburg Area YMCA Friday, August 11 from 5:00am to 7:00pm.

DAY OF RACE:

Race packets will be available at the race registration area at the Hollidaysburg Area YMCA from 7:30am to 8:45am.

COURSE DESCRIPTION:

TRANSITION: This is where your child will arrange his/her equipment. It will be located in the YMCA field outside of the main entrance. This area is for participants only....no parents allowed! See race packet for more details.

SWIM: Our swim will be held in the lap swimming pool of the Y. There will be lifeguards on deck as well as volunteers to ensure safety and count laps. Athletes will begin their swim from INSIDE the pool. Athletes will exit the pool and head to Transition through hallway. See race packet for more details.

BIKE: All athletes will follow the bike course to the Senior High School where they will complete the appropriate number of laps, then return to transition. 6-7 year olds will turn around at the start of the Tiger Paw Path (in front of Longer Elementary).

RUN: Once the racer has completed their bike, they will be instructed to put their bike back into Transition and head out for the run. The run course will take place around the Junior High School. Depending on their age, athletes will have to either complete the half mile loop around Junior High or enter the track for 2 laps before completing lap around Junior High. After completing the appropriate number of laps, head to the finish will be adjacent to the Transition.

AWARDS:

All finishers will receive a medal for completing the race. Award winners are asked to remain for the Awards Ceremony as no awards will be mailed.

YMCA Youth Triathlon

Saturday - August 12, 2017

Mail registrations to:

Hollidaysburg Area YMCA
1111 Hewit Street, Hollidaysburg, PA 16648

Name: _____

Address: _____

City: _____ State: _____

Zip: _____

Phone: _____

Email: _____

Date of Birth: _____ Age (Race Day): _____

Sex: M F

T-Shirt Size: Youth Medium Youth Large
 Small Medium Large

Payment Information:

Check MasterCard Visa Discover

Credit Card #: _____

Expiration: ____/____ Three digit code: _____

Waiver: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release and forever discharge the Hollidaysburg Area YMCA and all event sponsors, event volunteers and workers and their offices, directors, agents, successors and or assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I understand I may be photographed and agree to allow my photo, video or film likeness to be used for legitimate purpose by any of the aforementioned parties.

Signature: _____
Parent/Guardian

Date: _____

All Participants must Complete an Application.

	Early Registration (until August 5)	Pre- Registration (August 6-11)
Individual Rate	\$18	\$23
Family Rate (2 or more from the same household)	\$15 each	\$18 each

www.HollidaysburgAreaYMCA.org