

2012 King George 3rd Annual Sweetheart Indoor Triathlon



Swim - Cycle - Run

Sponsored by the **KG FAMILY YMCA**

Race Details: Race consists of a 10 minute swim, 20 minute cycle, and 20 minutes on the treadmill. There will be a 3 minute transition between events.

Registration: - 1/16/2012 – 2/4/2012 Late Registration will be accepted after 2/4/12 & up until race day. **Late registration fee – additional \$10**

Singles-“Lonely Hearts”- \$20 **Doubles** – “Dynamic Duo” - \$25 **Trios** – “Three’s a Crowd” - \$30 – Children(12+)compete in the under 35 category. Need teammates?

Awards: Awards for most distance traveled will be given to top 3 overall male and female in the singles division – under 35 division OR 35 and over age division. Awards for top three in Doubles all ages. Awards for top three in Trios all ages.

T-shirts (optional): Short Sleeve cotton t-shirt -\$10). Shirts guaranteed to all pre-registered runners that place an order – (after 2/4/11-shirts as available, race day.

Packet Pick-up & Late Registration : KG YMCA from 5:00 to 7:00 PM on Friday, February 10th and Saturday, February 11th from 6:00-7:45 AM

Directions to Race start: From Fredericksburg, take Rt. 3 east through King George. YMCA is on the left 0.2 mile past the light at Rt. 205 intersection. Make a U-turn at the first cut through after the light.

More Info: Call the Gary at 540-775-YMCA (775-9622) X 3024

Proceeds Benefit: J Massad YMCA Sustaining Fund

**Saturday,
February 11
Starts 8am**

**Start / finish at
KG YMCA**



| | | | | | | | | | | | | | | | | | | | | | | | | | |
|----------------|--|--|--|--|--|--|--|--|--|------------|--|----------|--|--|---------|-----------------|--|--|--|-------------------------|--|-------------------------------|--|--|--|
| Last Name | | | | | | | | | | First Name | | | | | | | | | | | | | | | |
| Address | | | | | | | | | | | | | | | | | | | | Age as of 01/01/2012 | | Date of Birth MM – DD – YY | | | |
| City | | | | | | | | | | State | | Zip Code | | | | Gender (M/F) | | | | | | | | | |
| E-mail Address | | | | | | | | | | | | | | | Phone # | | | | | | | | | | |

Teammates' names -

| | | | | |
|----|---------------|--|----------|---|
| \$ | Single - \$20 | If participating in a team, indicate your event. <input type="checkbox"/> Swim NEED A <input type="checkbox"/> Cycle TEAM? <input type="checkbox"/> Run Y/N | shirts\$ | Number of shirts _____ |
| \$ | Double - \$25 | | late \$ | sizes Youth S,M,L,XL <input type="checkbox"/> |
| \$ | Triple - \$30 | | = \$ | Adult S,M,L,XL,XXL <input type="checkbox"/> Shirts \$10.00 each <input type="checkbox"/> |

**SWEETHEART TRIATHALON
FEBRUARY, 11**

Payment Method

Mail Entry and Check or Money Order to:

King George YMCA
(Sweetheart Triathlon)
10545 Kings Highway
King George, VA 22485

Payable to:
King George YMCA

TOTAL AMOUNT DUE

\$.

Incomplete or unsigned entry forms will not be accepted! In consideration of the foregoing, I for myself, executors, and administrators, waive and release any and all rights and claims for damages I may have against the King George YMCA and any and all sponsors or supporters, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor.

Signature (parent if under 18) _____ Date _____

Teammate #2

| | | | | |
|--|--------------------------------|--------------------------------------|---|----------------------|
| <input type="text"/> | <input type="text"/> | | | |
| Last Name | First Name | | | |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Address | Age as of 01/01/2012 | Date of Birth MM – DD – YY | | |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| City | State | Zip Code | Gender (M/F) | |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| E-mail Address | Phone # () - | | | |
| Teammates' names - _____ | | | | |
| <p>Incomplete or unsigned entry forms will not be accepted! In consideration of the foregoing, I for myself, executors, and administrators, waive and release any and all rights and claims for damages I may have against the King George YMCA and any and all sponsors or supporters, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor.</p> | | | | |
| Signature (parent if under 18)- _____ Date- _____ | | | Event (circle one) run swim bike | |

Teammate #3

| | | | | |
|--|--------------------------------|------------------------------------|---|----------------------|
| <input type="text"/> | <input type="text"/> | | | |
| Last Name | First Name | | | |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Address | Age as of 01/01/2012 | Date of Birth MM-DD – YY | | |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| City | State | Zip Code | Gender (M/F) | |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| E-mail Address | Phone # () - | | | |
| Teammates' names - _____ | | | | |
| <p>Incomplete or unsigned entry forms will not be accepted! In consideration of the foregoing, I for myself, executors, and administrators, waive and release any and all rights and claims for damages I may have against the King George YMCA and any and all sponsors or supporters, actions whatsoever in any manner as a result of my participation in this event and that my medical condition to do so has been verified by a licensed medical doctor.</p> | | | | |
| Signature (parent if under 18)- _____ Date- _____ | | | Event (circle one) run swim bike | |