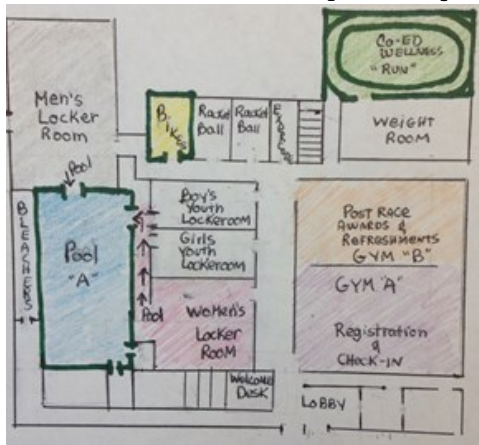


YMCA Facility Map



Please Note:

SWIM: No Diving Starts. No wet suits. Hands & feet must be uncovered. No hand paddles, gloves, fins, boots, etc. No snorkels. No thongs.

BIKE: .Bike resistance will be pre-set & cannot be adjusted. . Sweat towel permitted

RUN: 20 minutes. Run on treadmill only.

- Registration/Check-in: Gym A. Please arrive 30-40 minutes prior to assigned Wave Time.
- Report to Pool "A" 10 minutes prior to assigned Wave time & report in.
- At conclusion of 10 minute swim, 10 minute transition to Bike Room.
- At conclusion of 25 minute bike, 5 minute transition to Wellness Center for Run on Treadmill
- Awards will be presented shortly after conclusion of final wave. (Awards will not be mailed.)
- Each participant will be emailed with their unique Wave start time. Wave times will be assigned on a *first come* basis. All attempts will be made to assign as close to your requested start time.

Who We Are

The Greater Scranton YMCA strives to put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

The Dunmore Rotary supports our local community, and encourages and fosters the ideal of "Service Above Self" as a basis of worthy enterprise.

Contact us: Diana Dempsey

Greater Scranton YMCA

706 N. Blakely Street, Dunmore, PA 18512

Phone: (570)342-8115

Email:

ddempsey@greaterscrantonyymca.org

Web: www.greaterscrantonyymca.org



3rd ANNUAL INDOOR TRIATHLON PRESENTED BY:

**DUNMORE ROTARY &
GREATER SCRANTON YMCA**

**SUNDAY
February 18, 2018
Individual and Relay
Team Competition**

Rotary 
Club of Dunmore

**Greater Scranton YMCA &
Dunmore Rotary**

INDOOR TRIATHLON

DATE: Sunday, February 18, 2018

TIME:

7:00 a.m.: Check-in & Registration Opens

7:30 a.m.: First Wave begins

COURSES:

- 10 Minute Swim
- (10 minute transition from swim to bike)
- 25 Minute Bike
- (5 minute transition from bike to run)
- 20 Minute Run
- All distances will be combined to determine age group winners

AGE GROUPS:

Individual	Relay
12 & Under	
13 – 19 years	13 – 18 years
20 – 29 years	19 – 30 years
30 – 39 years	31 & Over
40 – 49 years	Family Relay
50 – 59 years	
60 & Over	

***Please Note:** *Bikes are adult size. Small children may have difficulty reaching pedals. We suggest that they be in the swim or run portion of a Family Relay.*

Wave Start Time Request:

___ 7:30am ___ 8:15am ___ 9:00am
___ 9:45am ___ 10:30am ___ 11:15am
___ 12:00 pm ___ 12:45pm ___ 1:30pm

An email will be sent with Wave start time. Assignments made on *first come* basis.

**Early Registration Deadline:
February. 12, 2018**

Early Registration Fee:

Individual: \$20 Relay: \$60

After February 12th:

Individual: \$35 Relay: \$105

Please make check payable to:

Greater Scranton YMCA

Mail to: ATTN: Diana Dempsey

Greater Scranton YMCA,
706 N. Blakely Street, Dunmore, PA 18512

Awards: Individual & Relay

- Prizes for overall Male/Female Winners
- Medals will be awarded to the top finishers in each age group, male and female
- Relay teams can be all women, all men or mixed.
- Relay awards will be given in each relay age group .
- Refreshments will be provided to all athletes
- Bike and/or Treadmill Orientation available Saturday, February 17, at 3:00-4:00 p.m.

Individual Registration: Swim/Bike/Run

Last Name: _____

First Name: _____

Address: _____

City: _____ Zip: _____

Age on 2/18/18: _____ Phone: _____

E-Mail : _____

Team Registration

Participant #1: Swim

Last Name: _____

First Name: _____

Address: _____

City: _____ Zip: _____

Shirt Size: _____ Age on 2/18/18: _____

Phone: _____

E-Mail : _____

Participant #2: Bike

Last Name: _____

First Name: _____

Address: _____

City: _____ Zip: _____

Shirt Size: _____ Age on 2/18/18: _____

Phone: _____

E-mail: _____

Participant #3: Run

Last Name: _____

First Name: _____

Address: _____

City: _____ Zip: _____

Shirt Size: _____ Age on 2/18/18: _____

Phone: _____

E-Mail : _____