

# Registration form

Please check only one entry selection.  
Pre-registration by January 15. No refunds.

**Individual:**  Male  Female Age \_\_\_\_\_  
(Note: Individual please complete swim section)

**Team Relay:** Choose One  
 Women  Men  Co-ed  Family  
 Business/Organization (Must be employed by team sponsor.)  
Team Name \_\_\_\_\_  
Email \_\_\_\_\_ PLEASE PRINT

**Swimmer:** 1/2 mile, 36 Lengths indoor pool  
**Estimated swim time:** \_\_\_\_\_ (required)  
\*\*Heat assigned by estimated swim time.\*\*  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_  
Phone \_\_\_\_\_

T-shirt Size:  YM  YL  YXL  S  M  L  XL  XXL\*  
\*Add \$2.00 for XXL\*  
**Biker:** 7 miles Schwinn Airdyne  
**Estimated bike time:** \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_

T-shirt Size:  YM  YL  YXL  S  M  L  XL  XXL\*  
\*Add \$2.00 for XXL\*  
**Runner:** 2 1/2 miles, 40 laps indoor track  
**Estimated run time:** \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_

T-shirt Size:  YM  YL  YXL  S  M  L  XL  XXL\*  
\*Add \$2.00 for XXL\*



The Muscatine Community Y provides financial assistance to children and families who couldn't otherwise become members of the Y due to lack of funds. We are able to provide a safe atmosphere and a wide variety of programs designed to develop healthy spirit, mind and body.

We can do this because of the generosity of individuals and businesses that contribute to our Annual Community Partners Drive and also with the money raised from special events including our Try Melon Tri.

Over 1,000 children and family members received free or subsidized memberships in 2009.

Thank you for your generosity!

- Thanks to Our Sponsors:**
- Calvin E. Atwell, M.D., F.A.C.S.
  - Berlin's Pro Shop & Custom Screen Printing
  - Edkin Chiropractic
  - Harper's Cycling & Fitness
  - HNI Corporation
  - Martin & Whitacre Surveyors & Engineers, Inc.
  - Muscatine Foods Corporation
  - Muscatine Physical Therapy Services, P.C.
  - Muscatine Running Club
  - Musco Lighting
  - Pepsi/Sprouse Distributing, Inc.
  - Muscatine, Iowa
  - Wester Drug
  - Y's Men's Club

# Indoor Triathlon



January 31, 2010  
Muscatine Community Y  
1823 Logan Street  
Muscatine, Iowa



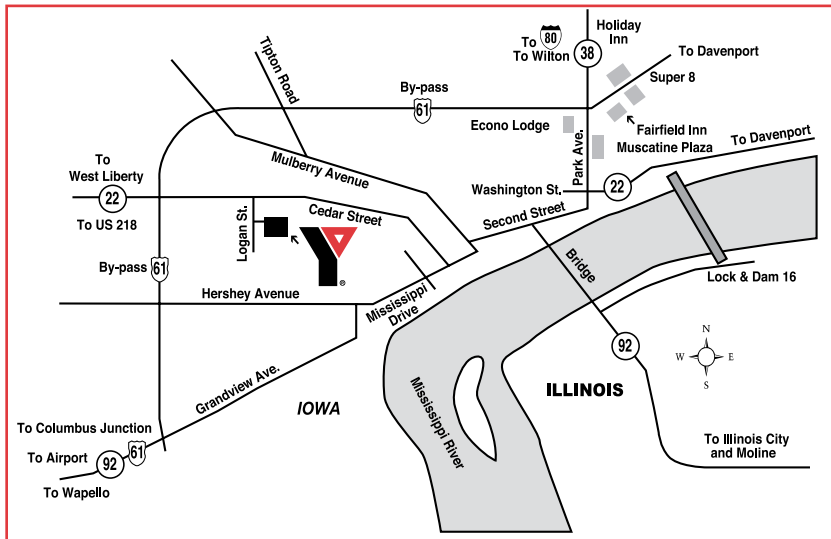
**SIGN RELEASE ON REVERSE SIDE**



**Date:** Sunday, January 31, 2010  
 First heat starts at Noon  
 Last heat starts at 4:00 pm

**Place:** Muscatine Community Y  
 1823 Logan Street  
 Muscatine, IA 52761

**Directions:**



**Eating/Overnight Accommodations:**

For references please contact the Muscatine Community Y.

**Race Day Schedule:**

11:00 am – 3:30 pm – Registration/Pick Up  
 Starting times every 30 min. between Noon & 4:00 pm  
 For more information about this event please call the Muscatine Community Y at (563) 263-9996. Ask for Mel.

**Distances:**

Swim – 1/2 mile (36 lengths)  
 Bike – 7 miles (Schwinn Airdyne)  
 Run – 2 1/2 miles (40 laps)

**Age Categories:**

- |                    |                               |
|--------------------|-------------------------------|
| <b>Male/Female</b> | <b>Team Relay</b> (3 members) |
| • 30 and under     | Women, men, family,           |
| • 31 – 35          | co-ed and                     |
| • 36 – 40          | business/organization         |
| • 41 – 45          | (must be employed by          |
| • 46 – 50          | team sponsor).                |
| • 51 – 60          |                               |
| • 61 and over      |                               |

**Awards:** (promptly after last heat is completed)

- Individual awards for the top male and female of the race.
- Traveling trophy for the top business/organization team plus a medal for each team member (trophy currently held by Allsteel).
- Medal for 1st, 2nd, and 3rd place in each age division.
- Individual team medals to top 3 finishers in each team division.

**Race Rules:**

Race director will have the final authority to remove a participant from the race for either rule violations or physical reasons. Race rules and directions will be mailed with your assigned start time one week prior to the event.

**Waiver form:**

In consideration of my participation in the Muscatine Community Y Indoor Triathlon, I the undersigned, my heirs, executors and administrators consent to discharge, release, and hold harmless the Muscatine Community Y, race sponsors, workers, and their affiliates agents, servants, employees, successors, and distributors for claims, action losses, damages, or expenses for personal or bodily injury, and property loss or damage incurred by me arising out of or in connection with my participation in this triathlon.

**I HAVE READ THE FOREGOING AND AM OF LEGAL AGE TO CONSENT TO THE WAIVER, AND HAVE TRAINED TO THE BEST OF MY ABILITY FOR THIS TRIATHLON.**

X \_\_\_\_\_

**SIGNATURE (PARENT OR GUARDIAN SIGNATURE IF PARTICIPANT IS UNDER 18 YEARS OF AGE)**

**TEAM Signatures below.**

X \_\_\_\_\_

X \_\_\_\_\_

**Publicity Release:**

I hereby grant the Muscatine Community Y permission to use my image and/or likeness in photographs, slide shows, or video recordings, including by extension any and all of its promotional advertising and in any and all other media, whether known or hereafter existing, controlled by the Muscatine Community Y. I will make no monetary or other claim against the Muscatine Community Y for the use image or images.

I Agree  I Disagree

Entries limited to the first 81 teams or individuals.

**RETURN WITH YOUR CHECK MADE PAYABLE TO:**

*Muscatine Community Y*  
 1823 Logan  
 Muscatine, IA 52761  
 (563) 263-9996

