REGISTRATION FORM

The Woodson YMCA Triathlon is an annual fundraiser for World Services Fund and for area youth scholarships.

Waiver: I hereby for myself and heirs, personal representatives and assigns, waive and release all rights and claims for damages I may have against the YMCA, Marathon County, the City of Wausau and other sponsors and affiliates of the Wausau Triathlon, and/or their respective agents, representatives, successors and assignees, for any and all injuries which may be suffered by me in connection with my voluntary participation in the August 3, 2019 YMCA Triathlon. I am physically able to compete in the race(s) checked above and agree to compete at my own risk. Individual or ALL relay team members must sign below.

Signed ____________________________________________

(parent or guardian must sign if under 18)

Signed ____________________________________________

(parent or guardian must sign if under 18)

Signed ____________________________________________

(parent or guardian must sign if under 18)

Amount Enclosed_____________________________________

MC/VISA # ____________________________

Exp. Date _______ / _________

V-Code ____________________________

(3-digit number on back of card, see illustration)

Check if you’d like to be considered for the Championship Division: A wave start of our top competitors. Must have finished in the top 15 in a previous Woodson YMCA Triathlon or comparable event. Limited to 25 participants. Available for long and short course only. No relays in Championship Heat.

Mail registrations to: Woodson YMCA
Attn: Lauryn Erdman
707 Third Street
Wausau, WI 54403

Email: sramsey@woodsonymca.com

www.woodsonymca.com/triathlon
• Professional Chip Timing
• Mandatory Pre-Race Meeting will be held on race day by the finish line at 7:30am. Race starts promptly at 8:00am
• Complimentary bike checks performed by Trek Store of Wausau before the race on Saturday from 6-7:30am in Sunny Vale Park.
• Complimentary lunch will be available for all swim lengths.
• Wetsuits are allowed for all swim lengths.
• Complimentary bike checks performed by Trek Store of Wausau before the race on Saturday from 6-7:30am in Sunny Vale Park.
• Complimentary lunch will be available for all swim lengths.
• Wetsuits are allowed for all swim lengths.

Long Course
- 1000 Yard Swim
- 27 Mile Bike
- 6.2 Mile Run

Short Course
- 400 Yard Swim
- 17 Mile Bike
- 3.1 Mile Run

Mini-Tri
- 200 Yard Swim
- 9.2 Mile Bike
- 2.0 Mile Run

Swims for all distances are done in Sunny Vale Lake, distances are approximate. Race maps available at www.woodsonymca.com/triathlon after June 1st, 2019.

RELAY TEAMS
Long and Short Courses can be completed as 2 or 3 person relays. Single gender or co-ed. Each participant can only be part of one team on race day. Swimmer will tag biker, biker will tag runner. Shared timing chip.

PACKET PICKUP
Woodson YMCA Wausau Branch
Friday, August 2nd • 3:00-6:00 p.m.
OR
Sunny Vale Park
Saturday, August 3rd • 6:00-7:00 a.m.

AWARDS
• Awards ceremony will be held around noon at the finish line.
• Awards will be given to the top 3 finishers in each age category and the top 3 overall teams in the long and short courses.
• Award for top overall Male/Female in Long and Short courses.
• Awards must be picked up on day of the event, no awards will be mailed.
• Recognition awards to 10, 15, 20, 25, 30, 35 & 40 consecutive year participants.
• Finisher medal for all participants
• Results will be available online at www.timingiseverything.com

ENTRY FEES
<table>
<thead>
<tr>
<th></th>
<th>Postmarked thru 7/12/19</th>
<th>7/13/19 thru Noon on 8/02/19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long or Short Individual</td>
<td>$57.00</td>
<td>$67.00</td>
</tr>
<tr>
<td>Long or Short Relay</td>
<td>$97.00</td>
<td>$107.00</td>
</tr>
<tr>
<td>Individual Mini-Tri</td>
<td>$42.00</td>
<td>$52.00</td>
</tr>
</tbody>
</table>

REGISTRATION FORM

All entries must be received and paid for by 12:00pm on Friday, August 2, 2019. No Same Day Registration, No Refunds. Changes in events WILL NOT be allowed.

INDIVIDUAL ENTRY:
- ✔ Long Course
- ✔ Short Course
- ✔ Mini-Tri

Name__________________________________________
Street Address_________________________________________________________
City, State, Zip_____________________________________________________
Phone______________________________________________________________
Email______________________________________________________________
DOB: ___________________ # of Consecutive Years ______
- ✔ Male
- ✔ Female

T-shirt Size
- ✔ S
- ✔ M
- ✔ L
- ✔ XL
- ✔ XXL

[Size not guaranteed if registered after 7/1/2019]

Maximum of 6 entries per person.

RELAY ENTRY:
- ✔ Long Course
- ✔ Short Course

TEAM NAME______________________________________________

Swimmer Name____________________________________________
Street Address____________________________________________
City, State, Zip___________________________________________
DOB: ___________________ # of Consecutive Years ______
- ✔ Male
- ✔ Female

Biker Name______________________________________________
Street Address____________________________________________
City, State, Zip___________________________________________
DOB: ___________________ # of Consecutive Years ______
- ✔ Male
- ✔ Female

Runner Name______________________________________________
Street Address____________________________________________
City, State, Zip___________________________________________
DOB: ___________________ # of Consecutive Years ______
- ✔ Male
- ✔ Female

No Same Day Registration, No Refunds. Changes in events WILL NOT be allowed.

T-shirt Size
- ✔ S
- ✔ M
- ✔ L
- ✔ XL
- ✔ XXL

[Size not guaranteed if registered after 7/1/2019]