



2nd Annual Coffman YMCA Triathlon

******NEW THIS YEAR******

RELAY DIVISION

Female/Male/Coed

Saturday May 8, 2010

8a.m.

Distance: Indoor 300 yard swim, 11mi bike, 3.1mi run

**Proceeds Benefit Coffman
YMCA Strong Kids Campaign**

Registration opens March 8, 2010

Register at: www.speedy-feet.com

Or

**Send Registration to : Coffman YMCA, c/o Darlene Reid
88 Remick Blvd, Springboro, Ohio 45066**

Preregistration (Deadline May 1, 2010): (includes t-shirt)

Adults (18 and older):	\$40.00			
Youth (under 17):	\$25.00			
Relay :	\$75.00	Female	Male	Coed

(fill out form for each team member)

Race Day Registration (or registrations postmarked after May 1, 2010): (Not guaranteed a t-shirt)

Adults: (18 and older):	\$50.00			
Youth (under 17):	\$30.00			
Relay:	\$100.00	Female	Male	Coed

(fill out form for each team member)

Name _____ **Sex: M/F**

Address _____ **City** _____ **State** _____ **Zip** _____

Phone _____ **Email** _____

Circle: Adult Youth Relay (F M C) Shirt Size: S M L XL 2XL

Relay Team Names _____ **and** _____

Emergency Contact _____ **Phone** _____

Amount Enclosed: _____

I hereby wish to participate in the activity named above and any related events, activities, or transportation. In consideration of participating in the activity or activities above, I hereby, for myself and for all heirs, executors, administrators, and assigns, do hereby forever release, waive, and relinquish all claims I have or may have as result of my participation. Furthermore, I promise not to sue the YMCA of Greater Dayton or any of its officers, employees, or agents for actions or omissions arising from or connected with such activities, and to indemnify and hold the YMCA of Greater Dayton harmless from any loss or damages incurred by the Coffman YMCA as a consequence of my participation in such activities.

Signature _____ **Date:** _____

(Parent or Guardian, if participant is under 18 years of age)