



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 33<sup>RD</sup> ANNUAL MYSTIC RIVER VALLEY TRIATHLON

**WHEN: SUNDAY JUNE 10, 2018 AT 8AM**

**WHERE: MYSTIC YMCA 1 HARRY AUSTIN DR 06355**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age as of 12/31/18: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Gender: \_\_\_\_\_

T-Shirt Size: XS S M L XL Phone: \_\_\_\_\_ E-mail \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Relation: \_\_\_\_\_ Phone: \_\_\_\_\_

Have you served or are you currently active in the military? Yes \_\_\_ No \_\_\_

If you are part of a team, each team member must complete the registration form and waiver.

Team Name: \_\_\_\_\_ Other Team Members: \_\_\_\_\_

Swimmer: \_\_\_\_\_ Biker: \_\_\_\_\_ Runner: \_\_\_\_\_

USAT Membership # \_\_\_\_\_ (Complete back of form if not a USAT member)

The 33rd Annual Mystic River Valley Triathlon consists of a ½ mile swim off Williams Beach into the Mystic River, followed by a 15 mile bike (helmets required) through the streets of Mystic, ending with a beautiful 5k run out Mason’s Island. A picnic with food, refreshments and awards finish off the day. Course Descriptions and Confirmation Letter can be found on the Ocean Community YMCA website: [www.oceancommunityymca.org](http://www.oceancommunityymca.org). Triathlon t-shirts will be given to the first 125 registrants. **USAT sanctioned event.** USAT Membership required, day memberships available.

Please contact Mark Bombard with any questions: mbombard@oceancommunityymca.org or 860.536.3575.

### Ages Divisions

0-15, 16-17, 18-19 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85 & up

### Optional First-timer Division

Male or Female

### Registration Fee:

Individual	o \$65 (through April 19th)	o \$75 (April 20th-June 8th)	o \$85 (June 9th & June 10th)
Teams	o \$85 (through April 19th)	o \$115 (April 20th-June 8th)	o \$125 (June 9th & June 10th)
1-Day USAT membership	o \$15		



I understand that my participation in the Mystic River Valley Triathlon involves risk of injury to myself, including the possibility of disabling injuries; heart attack, stroke, or even death. Fully understanding the potential risks associated with participation, I voluntarily choose to take part in this triathlon. I certify that to the best of my knowledge I am physically fit and know of no reason why I cannot participate. I understand and agree that the YMCA is not responsible if any of my personal equipment/property is lost or stolen during the event.

**Signature:** \_\_\_\_\_

### WELCOME CENTER USE ONLY:

Credit Card (Check One):  AMEX  MC  Visa  Discover  Check  Cash  Card on file (last 4 digits-\_\_\_\_\_)

Name on Card: \_\_\_\_\_ Card Number: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ CVC: \_\_\_\_\_ Owner Signature: \_\_\_\_\_ Total \$ \_\_\_\_\_ Initials: \_\_\_\_\_