

Indoor Triathlon Fees and Information	
WHEN: SUNDAY, MARCH 29, 2020 TIME: FIRST WAVE BEGINS AT 7AM	
REGISTRATION FEES	DAY OF REG FEES
MEMBER \$20	MEMBER \$25
NON-MEMBER \$25	NON-MEMBER \$30
USA TRIATHLON NON-MEMBERS: ADD \$15 ONE DAY LICENSE FEE	

REGISTRATION FORM

_____Triathlon_____Team Triathlon
 US Triathlon Member? ___Yes ___No
 Membership #: _____
 Name_____
 Relay Team Name_____

 _____Mark for Relay Team Only
 _____Swimmer _____Biker _____Runner
 Address:_____
 City:_____
 State:_____ Zip_____
 Email:_____
 Phone:_____
 Birthdate:_____ Age:_____
 Gender: M / F

**SPRING FEVER
 INDOOR
 TRIATHLON
 BROCHURE &
 REGISTRATION
 FORM**



AGREEMENT

- 1.I agree to assume all risks and hazards incidental to the conduct of this program and for all transportation to and from, if necessary.
 - 2.I hereby release the Berkshire Family YMCA, its officials, employees and volunteers, from any and all claims, demands, and liabilities to myself or my child(ren) resulting or arising from my/our participation in any program offered by the YMCA
 - 3.I also give permission for the Berkshire Family YMCA to release my child(ren)'s photos.
 - 4.I support the YMCA program philosophy, which is based on participation, fun, physical fitness and health, skill development, teamwork, fair play, family involvement and volunteer leadership.
I understand and agree to the Waiver and Release.
- Signature_____
 Guardian Signature_____



2020 SANCTIONED EVENT

WHEN:Sunday, March 29,
2020 TIME: First wave begins
 at 7AM **WHERE:** Pittsfield
 Branch
 292 North Street
 Pittsfield, MA 01201
CONTACT:brousseau@bfymca.org



Berkshire Family YMCA

15 MINUTE SWIM IN THE POOL

Our Indoor Triathlon begins in the pool. Participants will swim for 15 minutes using any type of stroke. Each group of participants will start and end at the same time, signaled by a whistle. Volunteers will keep track of the distance swam.

Transition 1: Racers will be given 10 minutes to go to the locker room to take an optional shower and change into clothing suitable for cycling and running.

25 MINUTE RIDE OUR SPIN BIKES

Each participant will bike for 20 minutes on a stationary bike. The exact distance is what counts. Participants may set the resistance, seat height and handlebars to whatever works best for them.

Transition 2: Racers will be given 5 minutes. Participants may choose to bring a change of shoes, a second water bottle, or a snack if needed.

20 MINUTE RUN ON OUR TREADMILLS

Runs will take place on the treadmills. Each participant will have 20 minutes on the treadmill to run as far as possible. Distance is calculated into points for all three activities and the cumulative points across all events determines your finishing placement.

Triathlon Format:

Swim: 15minutes
Bike: 25minutes
Run: 20minutes

*10 minute transition
between swim& bike
*5 minute transition
between bike and run

Point System
x2 points = per length swim
x3 points = per Bike Trip
x15 points = per Treadmill mile

Performance will be measured by the total points.