

Registration Form

Please check either Individual OR Team Relay.
Pre-registration is due by January 14. No refunds.

Individual: Male Female Age _____

Note: Individual please complete swim section

Team Relay: (Choose Only One Division)

Women Men Co-ed Family

Business/Organization (must be employed by a team sponsor.)

Team Name _____

Timer: Name _____

Phone _____

Email _____

Swimmer: Estimated swim time: _____ (required)

Heat assigned by est. swim time, if in by Jan 14

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

T-shirt Size (circle): YM YL YXL S M L XL XXL*

*Add \$3.00 for XXL

Biker:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

T-shirt Size (circle): YM YL YXL S M L XL XXL*

*Add \$3.00 for XXL

Runner:

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

T-shirt Size (circle): YM YL YXL S M L XL XXL*

*Add \$3.00 for XXL

SIGN RELEASE ON REVERSE SIDE

Annual Campaign

The Muscatine Community YMCA 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 for youth development, for healthy living, for social responsibility.

We can do this because of the generosity of individuals and businesses that contribute to our Annual Campaign 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 2018.

Thank you for your generosity!

Thanks to Our Sponsors:

Calvin E. Atwell, M.D., F.A.C.S.
Beckey Insurance & Financial Services, Inc.
Berlin's Pro Shop & Custom Screen Printing
Jeff A. Hanssen, D.C.
Harper's Cycling & Fitness
HNI Corporation
Jay & Cathy Huff
Kent Corporation
Martin & Whitacre Surveyors &
Engineers, Inc.
Muscatine Running Club
Olson Family Dentistry
Rock Valley Physical Therapy

January 27, 2019

Indoor Triathlon

TRY



MELON



TRI



Muscatine Community YMCA
1823 Logan Street • Muscatine, Iowa

TRY



When: Sunday, January 27, 2019
First heat starts at 11:00 am
Last heat starts at 4:00 pm

Place: Muscatine Community YMCA
1823 Logan Street
Muscatine, IA 52761

Entry Fees:	Before Jan 14	After Jan 14
Individual	\$30.00	\$40.00
Team*	\$30/ athlete	\$40/ athlete

*Team Relay may consist of 2 or 3 people

- If you provide your own timer, no additional fee is necessary. If you need our YMCA to provide you with a timer, add \$10.00 to above fees. Timers must be at least 15 years old and be physically able to follow athlete(s) on race day.
- For an XXL t-shirt, add \$3.00 to above fees.
- Fees include t-shirt and post-race snacks. Lockers and showers are available. Bring your own lock and a towel.

Registration: Mail/ In-Person registration to Muscatine Community YMCA OR Register online at <https://www.raceentry.com/races/try-melon-tri/2019/register>

Note: Online registration closes at 6:59pm on January 14th. All registrations after that must be submitted in hard-copy via mail or in-person.

Race Day Schedule: Athletes and timers should check in 45 minutes before scheduled heat starting time.

Questions? For more information about this event please call the Muscatine Community YMCA at (563) 263-9996 and ask for Mel or Jocelyn: jpaxton@muscatiney.org

MELON



Distances:
Swim - 1/2 mile (36 lengths)
Bike - 5 miles (Keiser M3i Indoor Cycle)
Resistance Level 10
Run - 2 1/2 miles (34 laps Lane 1)

Age Categories (Male/ Female):

• 25 and under	• 46-50
• 26-30	• 51-55
• 31-35	• 56-60
• 36-40	• 61-65
• 41-45	• 66 and over

- Awards:** (promptly after last heat is completed)
- Individual awards for the top male and female of the race.
 - Plaque for the top business/organization team plus a medal for each team member.
 - Medal for 1st, 2nd and 3rd place in each age division.
 - Individual team medals to top 3 finishers in each team division.

Heat Assignments, Instructions, Rules:
Heat assigned by estimated swim time IF registered by 1/14/19. Late entries will be placed in the late afternoon heats. Race rules and directions will be emailed with your assigned start time one week prior to the event. If all heats fill, registration will close and checks will be returned. **Entries are limited to the first 99 teams or individuals.**

TRI



Waiver Form:
In consideration of my participation in the Muscatine Community YMCA indoor Triathlon, I the undersigned, my heirs, executors and administrators consent to discharge, release, and hold harmless the Muscatine Community YMCA, 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 YMCA permission to use my image and/or likeness in photographs, slide shows or video recordings, including by extension and any all of its promotional advertising and in any and all other media, whether known or hereafter existing, controlled by the Muscatine Community YMCA. I will make no monetary or other claim against the Muscatine Community YMCA for the use of my image(s).

Agree Disagree

Mail entry forms with check payable to:
Muscatine Community YMCA
1823 Logan Street
Muscatine, IA 52761
(563) 263-9996