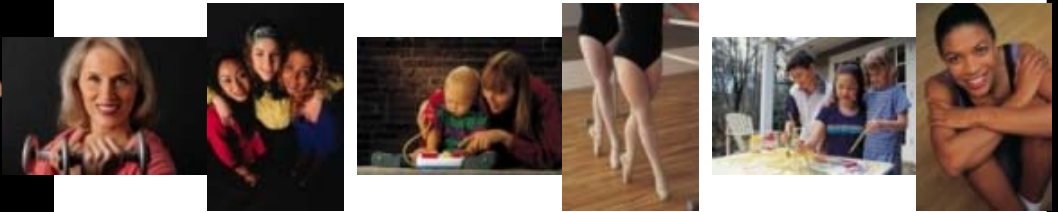


eliminating racism
empowering women
ywca



“Y-TRI”

4th Annual YWCA Triathlon

York Daily Record
YORK SUNDAY NEWS
THE YORK DISPATCH

Sunday, June 29, 2008 @ 8:00 a.m.
Grumbacher Sports & Fitness Center, York College
890 Grantley Road
York, PA 17403

500 Yard Pool Swim 15 Mile Bike Ride 3.1 Mile Run

Join in the fun and get fit at the same time! Enjoy camaraderie and competition of this WOMEN ONLY Triathlon. Whether you participate as an individual or as a member of a team, you are bound to have a terrific time!

Early Packet Pickup: Saturday 6/28/08 10:00 am – noon
(at YWCA)

Packet Pickup: Sunday 6/29/08 6:30 am – 7:30 am

All Athletes are required to sign a waiver at packet pickup.
Athletes under 18 years of age will need a Guardian's Signature

Mandatory Athlete Meeting: 7:45 am Race Morning

AWARD CATEGORIES

Individual:

Overall Female, Top Master (age 40+),
Top 3 In Following Age Groups:
14-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65+

Team: Top 3 Relay Teams

T-Shirts, Finisher Medal & Goodie Bag For All!
Finishing Results Will Be Posted In York Daily Record

For Family Members & Male Colleagues...Come Support The Participants & Volunteer At The Event!

For more information, please visit our website at www.ywcaofyork.org

Email us at Tneff@ywcaofyork.org

Or, call us at the YWCA 717-845-2631 ext. 131

Register on-line at <http://www.active.com/triathlon> or mail in the bottom portion of this flyer to the YWCA. For teams, each team member must fill out a form. Thanks!

Make Checks Payable To: YWCA Of York

Mail Checks & Form To: YWCA Of York, 320 East Market Street, York PA 17403

Entry Fees:

Early Bird Registration by 5/31/08
_____ \$45 per individual
_____ \$100 per team

On Time Registration until 6/28/08
_____ \$50 per individual
_____ \$120 per team

Race Day Registration 6/29/08
_____ \$55 per individual
_____ \$125 per team

Last Name: _____

First Name: _____

Street

Address: _____

Town / City: _____

State: _____

Email: _____ Phone: _____

T-Shirt Size (S,M,L,XL): _____ Age: _____ (as of 6/29/08)

Estimated Swim Time (to be used for seeding): _____



Proceeds Go Towards The Mission Of The YWCA:

Eliminating Racism & Empowering Women

