



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

The Berwick Area YMCA
 231 West 3rd Street
 (570)752-5981
 www.berwicky.org
 Like us on Facebook

SATURDAY JANUARY 19th, 2019

8th ANNUAL INDOOR TRIATHLON

**All proceeds go towards our Livestrong®
 at the YMCA cancer survivors program!!!**



Event Includes:

- 10 Minute Swim
- 20 Minute Bike Ride
- 15 Minute Run/Walk
- First Wave Begins @ 9 am

Registration Deadline

Wed. January 9, 2019

Complete rules will be posted on the Berwick Area YMCA's Facebook page or email wellness@berwicky.org to receive a copy via email

For more information contact: Chris Reigel • Wellness Director • wellness@berwicky.org • 570-752-5981

AWARDS

Trophies to overall Male and Female Triathlete

Medals to top three Males and Females

In the following divisions:

14 & Under, 15—19, 20—29,

30—39, 40—49, 50—59,

60—69, 70 & Over

Medals to top 3 teams in these divisions

All Male, All Female and Mixed Teams

NAME _____ PHONE _____ M / F

ADDRESS _____

Email _____ Age on 1/19/2019 _____

Emergency Contact Name & Number _____

Individual Participant, Shirt Included \$25.00

Team Participant with Shirt \$20.00

Team Participant, No Shirt Included \$10.00

A team consists of 3 people,
 each performing 1 discipline
 of the Triathlon

Payment

- Check (Payable to Berwick YMCA)
- Visa MasterCard
- Discover

Credit Card # _____ Exp. date _____

3 Digit Security # _____

Signature _____

TEAM NAME _____ T-Shirt Size: S M L XL

Return Completed form to: Berwick Area YMCA • 231 West 3rd Street • Berwick PA, 18603

Contact Us: Phone: 570-752-5981 • Fax: 570-759-3229 • Web: www.berwicky.org