



YMCA OF NORTH CENTRAL OHIO -SHELBY BRANCH

2025 TRIATHLON & DUATHLON



Saturday, August 16 at 9:00 am Registration: May 12-August 4

Triathlon: SWIM - 500 Meters

BIKE - 12 Miles

RUN - 3.4 Miles

Duathlon:

RUN - 1 Mile

BIKE - 12 Miles

RUN - 3.4 Miles

Male & Female Age Groups: 15-19 20-29 30-39 40-49 50-59 60-69 70 & Up

Triathlon:

Duathlon:

\$50 (Individual) or \$75 (Team) \$50 (Individual) or \$75 (Team)

Register at: ohioraceday.com or at the Shelby Branch

For more information, please contact Michele Irey at shelbyprograms@ymcanco.org or 419-347-1312 ext. 501

2025 Triathlon Registration

Participant #1: Please c	neckmark and fill out entire	ely.		
Triathlon Check mark only if partic	Duathl	lon		
Swim / Run	Bike		Run	
First Name:		Last Name:		
	Phone Number:			
	irt Size (circle): Adult: S		 Youth: 5 M L	XL
I know that running or walking a road a race official relative to my ability to of the weather, traffic and the condit entry, I for myself, and anyone entitle arising out of my participation in this sign release if participants are under BRANCH to use, without limitation of SHELBY BRANCH programs.	I race is a potentially hazardous activity. safely complete the race. I assume all ris ions of the road, all such risks being knov ed to act on my behalf, waive and release event even though that liability may aris the age of 18 years old on the date of the	I should not enter and participate to sks associated with running in this e wn and appreciated by me. Having r the YMCA of NCO Shelby Branch a se out of negligence or carelessness e race. Entry fees are non-refundab or tape recordings, which may include	unless I am medically able and pr event including but not limited to ead this waiver and knowing the nd all persons, sponsors and ent to on the part of the persons name le. Photography Permission: I giv	operly trained. I agree to abide by any decisions on the stalls, contact with other participants, the effects see facts and in consideration of your accepting ties from all claims and liabilities of any kind and in this waiver. Parents or Legal guardian must be my permission for the YMCA OF NCO SHELBY is of promoting or interpreting YMCA OF NCO
Participant #2: Please cl	neck mark and fill out entire	ly.		
□ Triathlon	☐ DuathI	on		
Check mark only if particip	ating as a team			
Swim / Run	☐ Bike	!	☐ Run	
First Name:		_ Last Name:		
Race Day Age:	Phone Number:			
Address:				
Gender: Sh	irt Size (circle): Adult: S	$M L XL XXL \ XXXL$	Youth: S M L	XL
of a race official relative to my ability effects of the weather, traffic and the accepting my entry, I for myself, and any kind arising out of my participati guardian must sign release if particip NCO SHELBY BRANCH to use, withou YMCA OF NCO SHELBY BRANCH prog	to safely complete the race. I assume all conditions of the road, all such risks bei anyone entitled to act on my behalf, waiv on in this event even though that liability hants are under the age of 18 years old on t limitation or obligation, photographs, fi	risks associated with running in thing known and appreciated by me. He and release the YMCA of NCO Shimay arise out of negligence or care the date of the race. Entry fees are ilm footage, or tape recordings, wh	is event including but not limited laving read this waiver and know elby Branch and all persons, spo elessness on the part of the pers non-refundable. Photography F	operly trained. I agree to abide by any decisions to: falls, contact with other participants, the ing these facts and in consideration of your nsors and entities from all claims and liabilities of ons named in this waiver. Parents or Legal lermission: I give my permission for the YMCA OF e for purposes of promoting or interpreting Date:
Dartisinant #2. Dlagso sl	neck mark and fill out entire	de.		
Triathlon		-		
Check mark only if participa	Duathl	on		
Swim / Run	Bike		Run	
_		Last Name:		
Race Day Age:				
	rt Size (circle): Adult: S		—— Youth: S M L	XL
I know that running or walking a road a race official relative to my ability to of the weather, traffic and the conditiontry, I for myself, and anyone entitle arising out of my participation in this sign release if participants are under BRANCH to use, without limitation or SHELBY BRANCH programs.	race is a potentially hazardous activity. safely complete the race. I assume all ris ons of the road, all such risks being know d to act on my behalf, waive and release event even though that liability may aris the age of 18 years old on the date of the	I should not enter and participate usks associated with running in this evan and appreciated by me. Having rethe YMCA of NCO Shelby Branch are out of negligence or carelessnesserace. Entry fees are non-refundably tape recordings, which may include	inless I am medically able and pr event including but not limited to ead this waiver and knowing the ind all persons, sponsors and enti on the part of the persons name le. Photography Permission: I giv de my image or voice for purpose	operly trained. I agree to abide by any decisions of falls, contact with other participants, the effects see facts and in consideration of your accepting meties from all claims and liabilities of any kind id in this waiver. Parents or Legal guardian must we my permission for the YMCA OF NCO SHELBY s of promoting or interpreting YMCA OF NCO Date:
Signature of Faithcipalit	ocga. gaaralan n under i	· ~		