



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BURN THE BIRD

## Turkey Triathlon Challenge!

Looking for a fun challenge to keep you on track with your health before the holidays? This is it! **Race at your own pace as you swim, bike, and run/walk your way through a full triathlon!**

GOALS	ADULT (Full Triathlon)	YOUTH (Half Triathlon)
Swim	2.4mi (168 pool lengths)	1.2mi (84 pool lengths)
Bike	112mi	56mi
Run	26.2mi	13.1mi

**November  
1<sup>st</sup>-30<sup>th</sup>!**

**Complete the Challenge to win a FREE t-shirt & be entered into a drawing for a chance to win a \$100 Dunham's Gift Card!**

**Youth Half Tri**  
(Ages 10-15)  
**Adult Full Tri**  
(Ages 16 & up)

**All fitness levels are welcome!**



\*Track your miles using a Y tracking log located at the Front Desk beginning on November 1<sup>st</sup>. Logs should be completed by November 30<sup>th</sup>.

\*Miles can be completed in the YMCA or at home.

\*YMCA Members only.

### GOALS

**SWIM** (water fitness classes count for .25 miles)  
70 pool lengths = 1 mile

**BIKE** (spin class, indoor bikes, octane Xrider) mileage as shown on the equipment

**RUN/WALK** (treadmill, elliptical, AMT or outdoors) intermediate/advanced group fitness class = 6 miles



# REGISTER HERE!

Participant First and Last Name \_\_\_\_\_ D/O/B \_\_\_\_\_

Parent/Contact Person (if under 18) \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Youth Half Triathlon for Ages 10-15

Please check your t-shirt size for challenge completion  YS  YM  YL

Adult Full Triathlon for Ages 16 & Up

Please check your t-shirt size for challenge completion  S  M  L  XL  2X  3X

**WAIVER OF LIABILITY:** I understand and agree that the Rocky Mount Family YMCA, Inc. (d/b/a Harrison Family YMCA) nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury may suffer during or resulting from my participation in this program. I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my participation in this program. I also represent and warrant that I have been advised to seek consultation from my doctor about whether I can safely participate in this program and whether there are precautions or limitations to my participation. I also grant permission to the Y to use any photographs or videography that are obtained as part of this program for future Y advertising and promotions.

**Signature**

\_\_\_\_\_

Date \_\_\_\_\_