



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

**Register for free Online or at the Front Desk Today!**

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

**Y MEMBERS ONLY  
 COMPLETE THE  
 CHALLENGE TO WIN A  
 FREE T-SHIRT & GO IN  
 A DRAWING FOR A FREE  
 FROZEN TURKEY!**

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

**ALL FITNESS LEVELS  
 ARE WELCOME!**  
 Stay tuned to our  
 Facebook page each  
 Monday for the top 5  
 Turkey Tri Leaders for  
 the week!

\*Track your miles using the online weekly logs sent to you via e-mail at the end of each week from Michelle Johnson at [mjohnson@rmymca.org](mailto:mjohnson@rmymca.org). If you are unable to do them online, you can pick up a print log at the Wellness Desk upstairs. Logs should be completed by November 30<sup>th</sup>.

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

### EXAMPLES

- SWIM** (water fitness classes count for .20 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)  
1 hour classes = 6 miles  
45 min. classes = 4.5 miles  
30 min. classes = 3 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 \_\_\_\_\_