

**REGISTRATION - TIN MAN IRONMAN** June 5 - July 29, 2017

**INDIVIDUAL OR FIRST FAMILY MEMBER**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Age \_\_\_\_\_ Date of Birth \_\_\_\_\_  Male  Female

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

T-shirt Size (circle one): Adult S M L XL XXL XXXL | Youth S M L

**ADDITIONAL FAMILY MEMBERS**

Name \_\_\_\_\_ Age \_\_\_\_\_

T-shirt Size (specify Youth or Adult): \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

T-shirt Size (specify Youth or Adult): \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

T-shirt Size (specify Youth or Adult): \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

T-shirt Size (specify Youth or Adult): \_\_\_\_\_

**PARTICIPANT WAIVER**

I am entering this event at my own risk and assume all responsibility for injuries I may incur as a direct or indirect result of my participation. I hereby, for myself, my heirs, executors and administrators, waive the release of any and all rights and claims for damages or injuries I may have against the YMCA and its affiliates.

PARTICIPANT SIGNATURE \_\_\_\_\_

PARENT'S SIGNATURE FOR YOUTH UNDER AGE 18 \_\_\_\_\_

**TIN MAN TRIATHLON PAYMENT - FOR OFFICE USE ONLY** DAXKO - TIN MAN IRONMAN

INDIVIDUAL AGE 16 - ADULT ..... \$15  
INDIVIDUAL AGE 15 & UNDER ..... \$10  
FAMILY ..... \$35

PAYMENT RECEIVED \_\_\_\_\_ DATE \_\_\_\_\_ TOTAL \_\_\_\_\_  
CHECK CASH CREDIT CARD PAYMENT TAKEN BY \_\_\_\_\_



**YOU CAN DO IT!**

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**TIN MAN IRONMAN**

**Summer Family Triathlon**

**8 Weeks Or Less:  
JUNE 5 - JULY 29, 2017**

**Enter as single adult,  
single youth or family!**

**Receive your "I Did It"  
t-shirt upon completion!**



**Altru Family YMCA  
Grand Forks, ND**

## DISTANCE CALCULATIONS BY AGE GROUP

AGE	SWIM	BIKE	RUN
Adult (age 16+) & Family	2.4 miles 173 pool lengths	112 miles	26.2 miles
12-15	1,500 yards 60 pool lengths	48 miles	16 miles
9-11	750 yards 300 pool lengths	24 miles	8 miles
6-8	250 yards 10 pool lengths	12 miles	2 miles

## ACTIVITIES & SUBSTITUTIONS

### Swim

- lap swimming, water walking, kickboarding
- Substitute activities: 1 hour = 1/4 mile: water exercise class, rowing, open swim, swimming lessons, lake swimming



### Bike

- riding outdoors, indoor bikes, NuStep, Octane XRider (fitness center)
- group cycling class: (use computers (or) 30 min = 7 miles / 60 min = 14 miles)

### Run/Walk

- run or walk outdoors, indoor track, gym or treadmill
- Substitute activity: 1 hour STEP class = 6 miles

## REGISTRATION & FEES

<b>Event Dates</b>	June 5 - July 29, 2017	
<b>Fees</b>	Individual Adult (Age 16+)	\$15
	Individual Youth (Age 15 & under)	\$10
	Family (up to 4 shirts/family)	\$35
<b>Registration</b>	Y Member Services / (701) 775-2586	
<b>Contact</b>	Patti McEnroe: pmcenroe@gfymca.org	



Altru Family YMCA  
215 N 7th St  
Grand Forks, ND 58203  
www.gfymca.org  
(701) 775-2586

*Registration is accepted any time between June 5 & July 29, however late July registrants are not guaranteed a t-shirt.*



## Altru Family YMCA Tin Man Ironman Summer Family Triathlon

### WHAT IS THE TIN MAN IRONMAN?

The TIN MAN is a full IRONMAN TRIATHLON for adults and families and a mini IRONMAN for individual kids! That's a swim, bike and run/walk combo that you can do individually or as a family. The good news is, you don't have to do the race in a day... you have 8 weeks to finish!

### HOW DO I TRACK MY PROGRESS?

You will be provided with a tracking log. You'll be on an honor system, so be honest with your tracking!

### DO I RECEIVE A T-SHIRT?

Yes! Individual adult and youth participants who complete the event and turn in their logs will receive their "I Did It" t-shirt. Families can receive up to 4 shirts per family.

Families and individuals have the option of purchasing extra t-shirts - contact Patti McEnroe: pmcenroe@gfymca.org / 701-775-2586.

### CAN I FINISH EARLY?

Sure! One t-shirt is awarded per person but you are welcome to complete the race as many times as you wish.

### WHAT ARE THE DISTANCES & CATEGORIES?

**ADULT Individual** - FULL IRONMAN

**YOUTH Individual** - distances are approximate - see opposite page.

**FAMILY Full Ironman** as a family unit. The whole family tracks progress on the same activity log.

### HOW DO I SIGN UP?

Register at YMCA Member Services or call 775-2586.

