

# REGISTRATION - TIN MAN IRONMAN

June 3 - July 26, 2019

## INDIVIDUAL OR PRIMARY FAMILY MEMBER

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

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

Address \_\_\_\_\_

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

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

T-shirt Size (circle one):

<b>Female Adult</b>	S	M	L	XL	XXL	XXXL	XXXXL
<b>Male Adult</b>	S	M	L	XL	XXL	XXXL	XXXXL
<b>Youth</b>	S	M	L	(For XL order adult S)			

### ADDITIONAL FAMILY MEMBERS

Name \_\_\_\_\_ Age \_\_\_\_\_  
T-shirt Size (specify Youth or Adult): \_\_\_\_\_ Men's / Women's

Name \_\_\_\_\_ Age \_\_\_\_\_  
T-shirt Size (specify Youth or Adult): \_\_\_\_\_ Men's / Women's

Name \_\_\_\_\_ Age \_\_\_\_\_  
T-shirt Size (specify Youth or Adult): \_\_\_\_\_ Men's / Women's

*Please specify extra t-shirts and sizes (\$10 each) here:*

**\*\*\* Registrants after July 1 are not guaranteed a t-shirt \*\*\***

### 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** \_\_\_\_\_

### TIN MAN TRIATHLON PAYMENT - FOR OFFICE USE ONLY

DAXKO - TIN MAN IRONMAN

INDIVIDUAL (ALL AGES) .....	\$12
FAMILY .....	\$35
EXTRA T-SHIRT(S) .....	\$10 EACH _____ SHIRTS

PAYMENT RECEIVED BY \_\_\_\_\_ DATE \_\_\_\_\_ TOTAL \_\_\_\_\_



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



**GET OUT THERE**

**TIN MAN IRONMAN**

**Summer Family Triathlon**

June 3 - July 26, 2019

Altru Family YMCA • Grand Forks, ND



## DISTANCE CALCULATIONS BY AGE GROUP

AGE	SWIM	BIKE	RUN
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 30 pool lengths	24 miles	8 miles
6-8	350 yards 14 pool lengths	12 miles	4 miles

## ACTIVITIES & SUBSTITUTIONS

### Swim

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



### 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 or other "active" group fitness class = 6 miles.

## REGISTRATION & FEES

<b>Event Dates</b>	June 3 - July 26, 2019		
<b>Fees</b>	Individual (adult & youth)	\$12	
	Family (up to 4 shirts/family)	\$35	
	Extra T-shirts	\$10 EA	
<b>Registration</b>	Y Member Services / (701) 775-2586		
<b>Contact</b>	Adam Sorum: asorum@gfymca.org		



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

**\*\*Registration is accepted any time, however registrants after July 1 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 youth! 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 one 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. To ensure you receive a shirt, please enroll before July 1 (shirts will be ordered that day). Families and individuals have the option of purchasing extra t-shirts for \$10 each. Indicate your choices on the registration form.

### 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.



### ADDITIONAL QUESTIONS?

Contact Adam Sorum: asorum@gfymca.org / 701-775-2586