

## How should I train for this event?

### Swimming

- Participate in water exercise classes.
- Lap swim, water walk, use the kickboard.

### Running/Walking

- Walk or run on the track, the perimeter a gymnasium, outdoors, at the mall.
- Walk or run on a treadmill.
- Cross train using an elliptical or cross trainer.

### Cycling

- Attend indoor group cycling classes.
- Cycle on the upright or recumbent bikes in the fitness center.
- Cycle outdoors weather permitting.
- Cross train using an elliptical or cross trainer.

Other activities may be done to compliment your training such as strength training/weight lifting, core classes, cardio classes, yoga/Pilates, and others. Consider hiring a Personal Fitness Trainer. Most importantly, HAVE FUN!

**\*\*Check out the YMCA Group Fitness Schedule for information on classes and lap/family swim times.\*\***

**SEE DIC RUN**

**SCHEELS**

**Altru**  
HEALTH SYSTEM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## TAKE THE CHALLENGE

*Join us for the Altru Family YMCA 9th Annual*

# WINTER INDOOR TRIATHLON



*Sponsored by...*

**SEE DIC RUN**

**Saturday, March 7, 2020**

**First Wave: 9:00 a.m.**

Altru Family YMCA • 215 N 7th St • Grand Forks, ND  
(701) 775-2586 • [www.gfymca.org](http://www.gfymca.org)



Heat up your winter with an indoor adventure! Swim, bike and run/walk in the comfort of the indoors. You can seriously push yourself or take it at a slower pace, or somewhere in-between. This event is also a great first-time triathlon.

### How does it work?

The race is conducted in waves of 5 people. You will be with the same wave (group) during all three events. Waves start every 25 minutes.

First you will swim or walk laps in the pool for 15 minutes while a Y volunteer on-deck counts your laps. If you are not a strong swimmer that's ok - you can use any stroke, kick with a kickboard, or water walk. Aqua belts are also available to use while training and during the event.

Next, you'll go to the locker room and change (you'll have about 15 minutes) and head down to the group cycling room. You'll ride as a group for 20 minutes, pedaling at the pace you feel comfortable with. Your mileage will be tracked on the bike's computer and will be recorded.

Finally, you will head to the track or treadmill and complete a 20 minute walk or run. Your laps will be counted by Y volunteers on the track. A volunteer will also be stationed in the Fitness Center to help with treadmill runners/walkers.

Top finishers are decided by a percentage conversion of the total number of laps and miles per competitor.

### Registration Details

- Ages: Adult / Youth (who are tall enough to ride the Keiser bikes - approximately 5' or taller - and physically able to complete all three events).
- Pre-registrations will be accepted until 4:00 pm on Friday, March 6.
- Same day registrations are possible if all heats are not filled.
- Race packets may be picked up at the Y customer service desk on Wednesday, Thursday or Friday before race day.
- Early registrants may choose the wave/time preferred. *We cannot guarantee any spots but we'll try to accommodate you the best we can. We will also try to include you in a heat with a similar competitive level.*
- A YMCA representative will call you with instructions a few days prior to race day to confirm your starting time, and answer any questions you may have.
- For more information please call Adam Sorum at 701-775-2586.



Prizes will be awarded to the top three finishers in men's and women's categories. Each participant will receive a T-shirt and a participation medal. Refreshments and snacks will be provided.

## ALTRU FAMILY YMCA 8TH ANNUAL WINTER INDOOR TRIATHLON MARCH 7, 2020

### REGISTRATION

PLEASE PRINT

FIRST & LAST NAME \_\_\_\_\_

MALE       FEMALE      AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_

EMERGENCY CONTACT PHONE \_\_\_\_\_

T-SHIRT SIZE (CIRCLE ONE):    **S**    **M**    **L**    **XL**    **XXL**    **XXXL**

### WAVE PREFERENCE (CIRCLE ONE) (Not guaranteed):

**9:00 am**    **9:25 am**    **9:55 am**    **10:20 am**    **10:45 am**    **11:10 am**

*Additional early afternoon waves will be scheduled if needed.*

WALK/RUN PREFERENCE:     Track     Treadmill

COMPETITIVE LEVEL:     Light     Moderate     High

FEE: \$30 PER PERSON

### 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 Altru Family YMCA and its affiliates, their agents, representatives, directors, successors, and assignees. I certify that I am aware of the physical stress involved in participation of this event and the consequent risk to my health and that I have made adequate preparations to compete. I also give permission for the free use of my name and/or picture in a photograph, broadcast or other account of this event.

Participant Signature \_\_\_\_\_

\*Parental signature for participant under age 18\*: \_\_\_\_\_

### Office Use Only

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

CHECK       CASH       CREDIT CARD

AMOUNT: \$30