

REGISTRATION - TIN MAN IRONMAN

June 1 - July 24, 2020

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): **Adult** S M L XL XXL XXXL XXXXL
Youth 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 June 29 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 1 - July 24, 2020
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, swim-
ming lessons, 1 hour weight lifting or 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

Event Dates	June 1 - July 24, 2019		
Fees	Individual (adult & youth)	\$12	
	Family (up to 4 shirts/family)	\$35	
	Extra T-shirts	\$10 EA	
Registration	Y Member Services / (701) 775-2586		
Contact	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
June 29 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 June 29 (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