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# The Good Tidings®

## Indoor Triathlon

**December 8, 2018**

**Allegheny Valley YMCA**

**Ages 7-Adult**

**A combined event by the Allegheny Valley & Valley Points Family YMCAs**



### Youth Divisions

**Ages 7-9:**

**2.5 min swim, 10 min bike, 5 min run**

**Ages 10-12:**

**5 min swim, 15 min bike, 10 min run**

**Registration Fee: \$35**



### Senior Divisions

**Ages 60-69**

**Ages 70-79**

**Ages 80-89**

**Choose Between:**

**Half: 5 min swim, 15 min bike, 10 min run**

**Registration Fee: \$35**

**Full: 10 min swim, 30 min bike, 20 min run**

**Registration Fee: \$45**



### Teen/Adult Divisions

**Ages 13-19**

**Ages 20-29**

**Ages 30-39**

**Ages 40-49**

**Ages 50-59**

**10 min swim, 30 min bike, 20 min run**

**Registration Fee: \$45**

### Family Registration Discount

**First household member pays full rate. Each additional member receives \$10 discount.**

**Registration Deadline:  
November 24**

# Good Tidings Indoor Triathlon 2018 Registration Form

Participant's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

## Please Circle Age Group:

### Youth Divisions: Registration Fee: \$35

#### Ages 7-9

2.5 min swim, 10 min bike, 5 min run

#### Ages 10-12

5 min swim, 15 min bike, 10 min run

### Teen/Adult Divisions: Registration Fee: \$45

10 min swim, 30 min bike, 20 min run

**Ages 13-19**

**Ages 20-29**

**Ages 30-39**

**Ages 40-49**

**Ages 50-59**

### Senior Divisions: Registration Fee: \$35 (HALF) or \$45 (FULL)

Half: 5 min swim, 15 min bike, 10 min run

Full: 10 min swim, 30 min bike, 20 min run

**Ages 60-69**

**Ages 70-79**

**Ages 80-89**

**Please be sure to pick up a race brochure with all the details for race day!**