



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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5TH ANNUAL

# SPRING-A-THON REVERSE SPRINT TRIATHLON



COPLEY-PRICE FAMILY YMCA | **April 30, 2022**

**Start time: 7:30 a.m.**



### HEALTHY KIDS DAY

Join us after the race for fun and exciting activities designed to inspire kids to get active!

## REGISTRATION:

**\$90/Family**

(1 runner, 1 biker, 1 swimmer)

**\$50/Individual**

(18+ years old)

**\$25/Youth**

(7-18 years old)

\* 2-Mile Run \*



\* 4-Mile Bike (Stationary) \*



\* 250 Yard Swim \*



Register online as an individual or as a relay team: [ymcasd.org/CPTri](http://ymcasd.org/CPTri)

# TRIATHLETE INFORMATION

Name:	DOB: / /	M/F:
Address:		
City:	State:	Zip:
City:	State:	Zip:
Phone:	Email:	T-Shirt Size:

# PARTICIPATION LEVEL

## ○ Relay Team Entry: (\$90)

<b>Runner Name:</b>	DOB: / /	T-Shirt Size:
<b>Biker Name:</b>	DOB: / /	T-Shirt Size:
<b>Swimmer Name:</b>	DOB: / /	T-Shirt Size:

## ○ Individual Entry: 18 years old + (\$50)

**Estimated Mile:** \_\_\_\_\_

## ○ Youth Entry: 7-18 years old (\$25)

**Run Time:** \_\_\_\_\_

- First 100 registrants receive t-shirt, guaranteed. Maximum of 150 registrations.
- Sprint triathlon training program available at Copley-Price Family Y fitness center.

- Race divided into three groups; 50+ years, 13-49 years old and the relay team division. Participants will be flighted into groups based on the estimated mile run time. Mile time is required for proper group assignments.

*\* 2-Mile Run \**



*\* 4-Mile Bike (Stationary) \**



*\* 250 Yard Swim \**



## Questions?

Contact Julian Villegas at 619-280-9622 or [jvillegas@ymcasd.org](mailto:jvillegas@ymcasd.org).

**PARTICIPANT FORM**