

Waiver: I know that participating in a triathlon race could be dangerous. I will not enter the race unless I am medically able and have trained properly. I will abide by any decision that the race official makes relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to the following: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, road conditions and traffic, all other risks known and appreciated by me. After reading this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Chambersburg YMCA, Borough of Chambersburg and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (If 18 and under parent or guardian must sign)

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Photo Release: I give my permission to the media to use pictures in any newspaper, broadcast or other account of this event without limitation and obligation to anyone to compensate me therefore.

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Race Day Announcements

- Bike Racks are first come first serve
- Transitions will occur in the YMCA parking lot.
- Bike helmets are required.
No helmet no riding.
- E Bikes are not permitted
- Youth participants are allowed an adult "partner" for the bike and run portion.

Post-Race Social & Awards

- Complete post-race festivities will be announced once vendors confirm their attendance
- All race participants are eligible for race raffles. Must be present to win.
- Following the completion of the race there will be an award ceremony
- 1st & 2nd places will be awarded for overall individual male and female. (15+ race)
- 1st & 2nd places will be awarded for Masters male and female. (15+ race)
- Teams placing 1st & 2nd will be awarded. (15+ race)
- Age groups will be awarded for 1st place (male & female) - 15-19, 20-29, 30-39, 40-49, 50-59 and 60+
- YMCA Sprint Triathlon memento for every participant
- Finisher medals for every youth participant



PASSION & PERSISTENCE

September 24th

Chambersburg YMCA
570 East McKinley Street
Chambersburg, PA 17201

Phone: 717-263-8508

Fax: 717-263-9639

www.chbg.org

Race Director

Becky Hege: bhege@chbg.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE EVENT

The Chambersburg Y's Annual Sprint Triathlon race occurs the last Saturday of every September and features athletes from the local Chambersburg community and beyond.

Participants compete individually or as a team in traditional triathlon order of swim, bike and run.

The race features youth through adult divisions, with the adults having overall and master winners.

Thanks for joining our race and we look forward to a great race day celebrating the athletes and our community connecting!

Age Groups:

7-8: Swim 25 Meters, Bike 1 Mile, Run .5 mile

9-10: Swim 50 Meters, Bike 1 Mile, Run .75 Mile

11-12: Swim 100 Meters, Bike 2 Miles, Run .75 Miles

13-14: Swim 150 Meters, Bike 2 Miles, Run 1.5 Miles

15 and older: Swim 500 meter/yard swim (Men: 500 meter swim Women: 500 yard swim), Bike 16.6 Miles, Run 3.1 Miles

Age Group is determined by day-of race age

REGISTRATION

***Race Day Check-In time will be announced**

Race kicks off at 8:00 AM

***Race Heats will be posted on race day**

Field size will be limited to 100 registrations.
No Race Day entries.

- Registration does not include a t-shirt
***Please see information below**
- Individuals will be seeded according to estimated total time for event.
- Checks payable to **Chambersburg YMCA**.
No refunds will be given.
- Online registration can be completed through Cumberland Valley Race Series
<https://www.cvraceseries.us/TimberHillTimingEvents.php>

RACE PRICE

Registration Dates	Individual	Team
	15+	
May 23rd - June 19th	\$65.00	\$85.00
June 20th - August 14th	\$90.00	\$110.00
Aug. 15th - Sept. 15th	\$100.00	\$120.00

Registration Dates	Youth 7-14	Youth Team
May 23rd - Sept. 15th	\$30.00	\$50.00

SHIRT PRICE

YMCA Triathlon Long-Sleeve Shirts are available for an ADDITIONAL \$12/shirt

Indicate size on registration form, if interested.

Payment must be received by 9/2/22 for shirt order

REGISTRATION FORM

___ Individual ___ Team

Name: _____
D.O.B. _____ Age on race day _____ Male/Female
Shirt Size: Circle One
Small Medium Large X-Large 2X
Youth Small Youth Medium Youth Large Youth XL
Circle: Swim Bike Run

Email: _____
Phone: _____
Estimated total time _____ swim time _____

Name: _____
D.O.B. _____ Age on race day _____ Male/Female
Shirt Size: Circle One
Small Medium Large X-Large 2X
Youth Small Youth Medium Youth Large Youth XL

Circle: Swim Bike Run
Email: _____
Phone: _____
Estimated total time _____ swim time _____

Name: _____
D.O.B. _____ Age on race day _____ Male/Female
Shirt Size: Circle One
Small Medium Large X-Large 2X
Youth Small Youth Medium Youth Large Youth XL

Circle: Swim Bike Run
Email: _____
Phone: _____
Estimated total time _____ swim time _____