REGISTRATION

(Early-bird registration ends June 20th)

Name _____

Gender M F Age _____

Address _____

_____

Phone _____

E-Mail _____

Division

Men _____ Team: Men _____

Women _____ Team: Women _____

Team Name

_____

Team Members

(Note: ALL team members must read and sign the Release & Waiver—make copes as necessary and include with team entry)

1. _____

Event _____

2. _____

Event _____

3. _____

Event _____

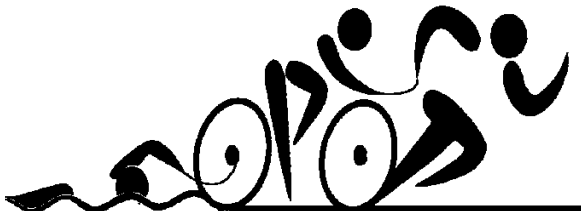
Piscataquis Regional YMCA Sprint Triathlon

This is a Swim-Bike-Run format. The 0.5-mile swim will take place at the Public Beach on beautiful Sebec Lake in Dover-Foxcroft, Maine followed by a 12-mile bike ride along Peaks Kenney State Park Road and continue through the rolling hills of the Maine Highlands into the town of Dover-Foxcroft (HELMET REQUIRED). The run will begin and end at the Y and will incorporate local historic rail-trails and scenic roadways.

Not ready for the Sprint Triathlon? try the **Lake Hebron Slate Man Mini Triathlon** in Monson, Maine. The Slate Man also happens on July 19th, starts at 8:00am and features a 2 mile run, a 1 mile Kayak trip across scenic Lake Hebron and a 3 mile bike ride. For more information or to register: Stop in or call the Monson Town Office at 997-3641.

TRI FOR THE Y

Annual Sprint Triathlon



Swim ½mi Bike 12 mi Run 5k

Sat. July 19th, 2014

Piscataquis Regional YMCA
48 Park Street
Dover-Foxcroft, Maine 04426
564-7111
www.prymca.org

TRI FOR THE Y

Annual Sprint Triathlon
July 19, 2012

Schedule of Events

- **7:00am** Packet pick-up and registration opens
- **8:30am** Registration closes
- **8:45am** Mandatory race meeting at public beach
- **9:00am** Race begins at Sebec Lake
- **11:30am** Awards Ceremony

	Individual	Team Division
Adult Triathlon		
Member	**$60***/$70	**$120***/$150
Guest	**$70***/$80	**$120***/$150
Student (ages 14-18)	**$40***/$50	**$120***/$150
Kids Triathlon		
Kids (ages 5-13)	**$20***/$25	**$30**/$45

*Bold price indicates discount if pre-registered by June 20.

Need a place to stay?

Motels

Covered Bridge Motel
Guildford, Maine 04443 • 207-564-2204
www.coveredbridgemaine.com

Moosehead Trail Motor Lodge
Dexter, Maine 04930 • 207-914-7286
www.mooseheadtrailmotorlodge.com

Peaks Kenney Motor Inn
Dover-Foxcroft, Maine 04426 • 207-564-0700
www.peakskennymotorlodge.net

Bears Den Cabins
Dover-Foxcroft, Maine 04426 • 207-564-8733
www.bearsdenmotel.com

Bed & Breakfast

Freedom House Bed & Breakfast
Dover-Foxcroft, ME 04426 • 207-564-8851
www.freedomop@roadrunner.com

The Cabot House
Dover-Foxcroft, Maine 04930 • 207-200-4063
http://www.thecabothouse.com/

Brewster Inn Bed & Breakfast
Dexter, Maine 04930 • 207-924-3130
www.brewsterinn.com

Guilford Bed & Breakfast
Guilford, Maine 04443 • 207-876-3477
www.guilfordbandb.com

Piscataquis Regional YMCA Sprint Triathlon Release and Waiver

In consideration for allowing me to compete in the 2014 Sprint Triathlon, I for myself, my heirs and assigns, hereby waive any liability the Piscataquis Regional YMCA and/or their agents, employees, or volunteers have to me arising out of my participation in the 2014 Sprint Triathlon. This release pertains to any physical damage or loss to me, my equipment or property, in relation to this race/triathlon. I attest and verify that I am physically fit, have sufficiently trained, and prepared for this race, and able to participate. I agree and consent to **Indemnify and Hold Harmless** the Piscataquis Regional YMCA from any and all causes of action, claims, demands, losses, or costs of any nature whatsoever arising out of or in any way relating to the undersigned's involvement and/or participation in this event/activity, including but not limited to the activity itself and other associated events/activities.

Participant Signature _____ Date _____

Guardian Signature (if participant under age 18) _____ Date _____