

Clinic

**A race informational clinic
will be held on Friday,
April 30, 2010 at 6:30 p.m.
at the DeLand Y.
Bring your questions
and pick up your goody
bags.**

**Register Online at Altavistasports.com
or at the DeLand Family YMCA at
761 E. International Speedway
DeLand, FL 32724**



DeLand Family YMCA
761 International Speedway Blvd.
DeLand, FL 32724
(386) 736-6000
Fax: (386) 736-9622

www.vfymca.org



*Activate America demonstrates
how the Volusia Flagler Family
YMCA can enhance its
commitment to community-wide
efforts to promote healthy
living; and demonstrate how we
can intensify a collaboration
with other community partners
to promote healthy living.*

The mission of the YMCA is to
put Christian principles into
practice through programs that
build a healthy spirit, mind, and



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Family Fit Fest

5K Walk/Run
Triathlon
Kid Sprint



Saturday, May 1, 2010



This is an Activate America Program.

Scholarships Available

Inclement Weather Policy

This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds.

Bike and Run Course

The course begins and ends at the DeLand Family YMCA. The 12 mile bike course meanders north on Hwy. 11 to Dougherty Road to Marsh Road, across Old Daytona Road, and then back to the Y. The run course begins at the YMCA and goes 3.1 miles through the Business Parkway, then returning to the Y.

Event Description

5K—3.1 miles through the Airport Parkway

Triathlon—300 yard swim in the DeLand YMCA outdoor (swimming) pool; a beautiful 12.3 mile bike ride through north Volusia County; and a 3.1 mile run through the Airport Parkway (north of the YMCA).

Kid Sprint—50 yard swim in the YMCA pool, 3.1 mile bike, and 1.1 mile run in the Airport Parkway.

Faster Swimmers start first (estimate your time on the registration form). You will be seeded by your estimated swim time.

Triathlon—Registration is open to the first 100 entrants.

Guaranteed FUN!

YMCA Activate America is a national initiative that is rallying YMCAs across the country to further enhance their service and support to kids, adults and families who want to lead a healthy lifestyle.

Each event will be a *Championship timed event with awards in the following age groups:

Kid Sprint

Ages 6-7 8-9 10-11 12-14

5K

Ages 10 and Under 11-14 15-18 19-29 30-39
40-44 45-49 50-55 56-59 60+

Triathlon

Ages 15-18 19-29, 30-39, 40-44 45-49 50-55
56-59 60+

Top three finishers in each division will receive prizes.

Entry Fee	<u>By April 1</u>	<u>By April 30</u>	<u>Race Day</u>
5K	\$20	\$25	\$30
Triathlon	\$45	\$50	\$55
Kid Sprint	\$15	\$20	\$25

* You will receive your Championship (timer chip) on race day. Should you fail to return your chip you will be billed \$25.

Schedule of Events

April 30, 2010 **DeLand YMCA**
Registration/Package Pickup 5:00 pm-7:00 pm
All events.

May 1, 2010 **DeLand YMCA**
Registration/Package Pickup Up to 15 minutes
prior to the event.

Race Times

Triathlon 7:00 a.m.
5K 8:15 a.m.
Kid Sprint 9:00 a.m.

Registration deadline is 15 minutes prior to start time.

Registration—Either by mail using this form or on-line at: www.altavistasports.com (On-line registration closes at 6:00 p.m. on April 25, 2010)

Name: _____

Address: _____

City/State/Zip Code: _____

Phone: _____ E-mail: _____

Age on Race Day: _____ DOB: _____

Sex: _____ Male _____ Female

Emergency Contact: _____

Emergency Phone: _____

Event (circle): 5K Triathlon Kid Sprint

Estimated 300 Yard Swim time: _____
You will be seeded by swim time.

T-Shirt Size: Youth: ___S ___M ___L
Adult: ___S ___M ___L ___XL ___XXL

No guarantee of t-shirts or goody bags if registering on day of race.

Make check payable to: DeLand Family YMCA and mail to 761 E. International Speedway Blvd., DeLand, FL 32724

Waiver: I, the undersigned, hereby waive and release the Volusia Flagler Family YMCA, DeLand Family YMCA, event sponsors, employees and volunteers from any claims, damage, actions, liability, and expense in connection with loss of life, personal injury, and/or damage of property which may occur as a result of any type of physical activity during the event. I give my full permission to the Volusia Flagler YMCA and event sponsors to use any photographs and videotapes that are made during the event

Dated this _____ day of _____, 2010.
Signature of Participant _____
Signature of Parent/Legal Guardian (if under 18): _____