

# 7TH ANNUAL TRI-Y

## DIRECTIONS:

Ormond Beach is just north of Daytona Beach on the Atlantic Ocean. The race is being staged from the Granada Plaza located on the corner of Rt. 40 (Granada Boulevard) and A-1-A. From I-95 (Exit 268) take Rt. 40 east to A-1-A.

## PARKING:

Participants and spectators are asked to please park behind Outback to reduce congestion in the shopping center.

## CATEGORIES:

**Age Groups:** Male & female - under 14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

**Clydesdale men** (200 lbs.) - 0-39, 40 & over

**Athena women** (145 lbs.) - 0-39, 40 & over

**First Timers:** male & female

**Fat Tire:** male & female

**Relay Teams:** male, female & mixed

## AWARDS:

Top 3 overall male and female

Top 3 in each age group

Top 3 male, female and mixed relay

Top 3 clydesdale & athena (each division), first timer male, first timer female, fat tire male, fat tire female

**MORE INFO:** Martin Vollebregt

Ormond Beach YMCA 386.673.9622

## SPECIAL STUFF:

A goodie bag, great shirts, door prizes, post-race refreshments and awards ceremony. Race results will be posted quickly at the race and at [www.altavistasports.com](http://www.altavistasports.com). Race photos provided by [www.bbactionphoto.com](http://www.bbactionphoto.com).

## COURSE:

- ¼ mile swim, parallel to shoreline in the Atlantic Ocean
- 10 mile bike over scenic route
- 3 mile run on flat and fast loop

## ENTRY FEE:

Register on-line at [www.altavistasports.com](http://www.altavistasports.com) or mail in the attached entry form with a check for \$50.00 by May 9th; \$55.00 after and \$60.00 race day. Relays \$80.00, \$90.00 & \$100.00 race day. Make checks payable to: **Ormond Beach YMCA TRI-Y**. Shirts are not guaranteed for registrations received after May 16th. Rain or shine. No refunds.

## PACKET PICKUP:

Saturday: May 29th, 1:00 to 4:00 p.m. at the Ormond Beach YMCA and race day starting at 6:00 a.m.

## USAT:

USA Triathlon, the governing body of Triathlons, sanctions this race and requires that all participants either be members or purchase a one day license for \$10. Each member of a relay team must have his/her own membership. This fee must accompany registration fee. All USAT rules apply. Helmets are required and no drafting on bike course.

**A LIABILITY WAIVER MUST BE SIGNED AT  
PACKET PICKUP BY ALL PARTICIPANTS.**

ORMOND BEACH YMCA—TRI-Y  
500 Sterthaus Ave., Ormond Beach, FL 32174

## INDIVIDUAL NAME \_\_\_\_\_

D.O.B. \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TEL ( ) \_\_\_\_\_

EMAIL \_\_\_\_\_

SHIRT SIZE: S M L XL USAT NO. \_\_\_\_\_

\_\_\_\_\_ AGE GROUP \_\_\_\_\_ FIRST TIMER

\_\_\_\_\_ CLYDESDALE/ATHENA \_\_\_\_\_ FAT TIRE

## RELAY TEAM NAME \_\_\_\_\_

SWIMMER \_\_\_\_\_

D.O.B. \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TEL ( ) \_\_\_\_\_

EMAIL \_\_\_\_\_

SHIRT SIZE: S M L XL USAT NO. \_\_\_\_\_

CYCLIST \_\_\_\_\_

D.O.B. \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TEL ( ) \_\_\_\_\_

EMAIL \_\_\_\_\_

SHIRT SIZE: S M L XL USAT NO. \_\_\_\_\_

RUNNER \_\_\_\_\_

D.O.B. \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TEL ( ) \_\_\_\_\_

EMAIL \_\_\_\_\_

SHIRT SIZE: S M L XL USAT NO. \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_

## BE THERE!

*Heralded as a great first year effort in 2004, the Ormond Beach YMCA and sponsors promise an even better event this time around. Proceeds from the event will directly benefit the YMCA Strong Kids Campaign. Your contribution helps provide program support and financial assistance to families who need it in our community. Only by working together can we give more kids the opportunity to grow strong in spirit, mind and body.*



7th ANNUAL TRI-Y  
ORMOND BEACH YMCA  
500 Sterhaus Avenue  
Ormond Beach, FL 32174



and the

Ormond Beach  
YMCA

Present the

7th Annual



**TRIATHLON**

Sunday, May 30, 2010  
7:00 a.m.

Granada Plaza  
Ormond Beach,  
Florida

*YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.*

Non-Profit Organization  
U.S. Postage  
PAID  
Permit No. 246