



Hello All Youth Triathlon Participants and Parents,

We are coming to the 2 week mark before the Triathlon. we have 116 registered at this point and are very excited about that, that is more than last year at this time. Remind your friends to get registered.

Couple of things to remember:

1. The Expo on Saturday July 24th is mandatory, it will go from 9-2 and will be at the McGaw YMCA in Evanston. There the participants will go through stations that will be Bike Safety Check, Transition Clinic, Course Overview, USAT Liability Waiver signed, Body Marking and at the End Packet Pick-up, which is contain their race number, and their goodie bags.

2. There will be a Race Expo Friday Night at Turin in Evanston ONLY for past participants, and participants with extenuating circumstances, you need to RSVP to this one due to space limitations. Please RSVP to me, MadisonG@mcgawymca.org, if you would like to attend that Expo. ***If you cannot attend either expo due to extenuating circumstances, please contact me and arrangements can be made to check-in day of the Race for those that need to. ***

3. Liability Waiver for the YMCA needs to be signed and turned in before the expo. This is available online at the McGaw YMCA website: www.Mcgawymca.org, I have also attached this to the email, you can fill it out and scan and email it back to me, or fax it in to: 847.475.7959, or snail mail it to the McGaw YMCA at YOUTH TRIATHLON 1000 Grove Street Evanston IL 60201. This will speed up the process at the Expo and shorten the time you need to be there filling out forms.

4. I will be offering Time Trials next week for those that would like to time trail the swim portion, 7-10 would swim 50yd for time, 11-14 would swim 100yd for time. If you are a member of a swim team and would like to send in your time that is also fine. I need top time for 7-10: 50 yds, and 11-14: 100yds. Then we will rank those that have gotten a time in they will start closer to the front of the group in the swim portion. This is not mandatory nor is it needed, but it is solely your choice if you would like to do this. The following times are when I can offer time trails at the YMCA in Evanston, please contact me at my email to set up a time and confirm that you will be there.

MONDAY JULY 19: 11AM-1:00 PM, 3:00-4:00 PM, 7:00 PM-8:00 PM

TUESDAY JULY 20: 1:00 PM-2:00 PM, 7:00 PM-8:00 PM

WEDNESDAY JULY 21: 11AM-1:00 PM, 6:00 PM-7:00 PM

THURSDAY JULY 22: 11:30 AM-1:30 PM, 6-7PM

If these times do not work but you would still like to do a time trial please contact me and I will try and find another time that will work with the pool schedule.

1. If you would like to offer donation/sponsorship for the Triathlon we are offering "shoes" at the YMCA which can be bought for \$5 and they will be displayed at the YMCA with your name on them. They can be bought at the Front Desk or Membership at the Y.

2. Bike checks- all bikes need to be safety checked along with helmets before they will be allowed on the course, this can be done at any bike store, Turin will be doing Bike Checks for Youth Triathlon Participants, please let them know you are a participant. I would call ahead if you need to do a daytime check and make sure they have time to do one. Or they will also be available at the Friday night expo or the Saturday Expo at the YMCA.

3. We also still need volunteers for the expos and day of the event, if you or someone you know could volunteer that would be amazing thanks!

4. Registration is still open, please remind friends and family members to register soon, registration closes Wednesday July 21st.

Any other questions please feel free to contact me at the McGaw YMCA 847-475-7400 ext 296, or at Madisong@mcgawymca.org

Madison Graham
Youth Triathlon Coordinator

McGaw YMCA Youth Triathlon Waiver of Liability Form

(Required authorization to be signed by Parent/Guardian; please read the Waiver before signing!)

Participant's Name (Last, First) _____

Participant is a child, under the age of 18 (Parent/Guardian is Required to Sign Below)

I certify that I am aware that the participant is taking certain risks by participating in the McGaw YMCA Youth Triathlon, including but not limited to those associated with swimming, biking and running. I understand that during participation in these activities one may be exposed to physically and psychologically stressful and challenging situations, including but not limited to risks and dangers inherent in the activity itself.

I understand that, although the McGaw YMCA has taken precautions to provide proper organization, supervision, instruction, and equipment for each activity, it is impossible for the McGaw YMCA to guarantee absolute safety. I understand that I share responsibility for the safety of the participant and assume that responsibility. The participant agrees to comply with all instructions and directions of the McGaw YMCA staff, volunteers or designated outside experts during his or her participation.

I hereby **assume all risks and dangers and will hold harmless to the fullest extent permitted by law** the McGaw YMCA, its officers, agents, employees, and volunteers, and all groups and persons connected herewith, from all actions causes of actions, suits, and any claims, demands, and liabilities whatsoever, both in law and equity.

The parties agree all disputes and claims regarding the terms of this agreement and arising from the participant's experience at the McGaw YMCA Youth Triathlon, including but not limited to any claims for personal injury, will be brought exclusively in the courts of the state of Illinois and will be governed by the laws of Illinois.

The terms hereof shall be binding on participant's executors, heirs, administrators, and assignees, and shall serve as an assumption of risk and general release for the participant while participating in the McGaw YMCA Youth Triathlon.

PARENT/GUARDIAN WAIVER FOR MINORS (Under 18 years old)

The undersigned parent or guardian does hereby represent that he/she is, in fact, acting in such capacity, has consented to his/her child or ward's participation in the McGaw YMCA Youth Triathlon, and has agreed individually and on behalf of the child or ward, to the terms of the waiver and release of liability set forth above. The undersigned parent or guardian further agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim, or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Print Participant's Name Age Signature of Parent/Guardian Date



**Volunteer Application for McGaw Youth Triathlon
Friday-Saturday-Sunday, July 23-24-25, 2010**

Name _____ Gender: Female Male
Address _____ City _____ Zip _____
Day Phone _____ Evening Phone _____
Email Address _____

I am volunteering with a group (group name):

Volunteer Area requested (see back) :

T-Shirt Size (circle one): Adult: Small Medium Large X-L XX-L XXX-L

Volunteer opportunities range from Friday night, Saturday from 8-3pm and Sunday starting at 5:30 AM- completion of race around noon
Please see back side to choose a position that works for your time ability.

Any questions please contact Madison Graham at madisong@mcgawymca.org 847-475-7400 ext 296
CLASS CODE: 4098

Please return this completed form to the address below by July 23, 2010

McGaw YMCA
c/o Madison Graham
1000 Grove Street
Evanston, IL 60202