

GENERAL RULES

- 1) Check-in begins at 6:15 am at the race site.
- 2) No support teams allowed on course or transition area.
- 3) Course will close at 11 am. Awards ceremony following race.
- 4) All registrants under age 18 must have parental consent.
- 5) Anyone dropping out of the race must report to a race official or any triathlon volunteer.
- 6) Course officials have ultimate and final authority to remove a participant from the race if the rules have been violated.
- 7) Medical personnel have authority to disqualify racers if it is deemed that physical damage will be sustained.
- 8) Phone and email inquiries:

Goldsboro Family YMCA

Attention: Kriquette Davis

(919) 778-8557 Fax: (919) 778-8645

E-Mail: kriquette.davis@goldsboroymca.org

- 9) Map to be included in race packet.
- 10) Participants are responsible for viewing the bike and run course prior to the event.

DIVISIONS

Females: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, and 55 and over.

Athenas 150 lbs+

Males: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50 and over

Clydesdales 200 lbs. +

Teams: All males (MT); All females (FT); Mixed Team (MXT)

The age group of a participant will be determined by age on Dec. 31 of the event year, not by age on race day.

For example:

If you turn 25 years old in July of 2010, you will race and be ranked in the 25-29 age group for the entire 2010 season.

Computerized timing and scoring provided
by East Carolina Road Racing

SWIM RULES

Starting time is 7:30 am. Three waves or more with five minute intervals.

- 1) No fins, snorkels or any flotation device is allowed during the swim event. Goggles are allowed.
- 2) Wet suits will be permitted based on USA Triathlon rules. The water temperature will be taken race morning and a ruling on wet suits will be made at the pre-race meeting.
- 3) Swimmers must wear swim caps (furnished).
- 4) Body marking at transition area on race morning.

BIKE RULES

- 1) Water bottles recommended. No water stations on bike course.
- 2) Protective head gear is required (per USAT rules) during bike portion. No drafting other bikers or vehicles.
- 3) Minimum following distance:
Bikes: 3 lengths behind
Automobiles: 100 yards
- 4) No support teams on course.
- 5) Cyclists are individually responsible for consequences of traffic law violations.
- 6) No headsets, headphones, etc.
- 7) Bar end plugs are required (per USAT rules). Participants without bar end plugs will not be allowed to race.

RUN RULES

- 1) Three water stations provided. One at race start, half-way out and at turnaround.
- 2) Numbers furnished must be worn on your front side.

All proceeds from this event will go to the Goldsboro Family YMCA Scholarship Fund.

25th ANNUAL



Saturday

August 7, 2010

Village of Walnut Creek

(Hwy 70—Approximately 10 miles
East of Goldsboro)

1/2 mile swim
20 mile bike
5k run

For online entries go to:
www.insideoutsports.com

Entry Deadline: Wednesday, August 4, 2010



OFFICIAL REGISTRATION FORM

- Each participant **MUST** sign the waiver. Unsigned forms are invalid.
- One participant per form. Incomplete or illegible forms are invalid. **PLEASE PRINT NEATLY.**
- Copies of the form are acceptable with original signature.
- Registration confirmation will be emailed.
- Entry fees are **NON-REFUNDABLE.**

Last name (Please Print)		First name
Address		
City, State, ZIP		
Daytime Phone number	Evening Phone Number	
Email Address		
Gender	Age (as of 12/31/09)	Date of Birth (m/d/y)

Shirt size (S-XXL): _____

Team Name (Mail team entries together—one application per person)

Team Members:

Please mail team entries & fees together

NO REFUNDS Entry fees: \$60 individual, \$110 Team

Entry Fee of \$ _____ is enclosed.
(Entry form may be duplicated)

Entry Deadline: Wednesday, August 4, 2010

— RACE WAIVER —

ALL ATHLETES READ AND SIGN.
PLEASE READ CAREFULLY BEFORE SIGNING.

Acknowledgement, waiver and release from liability (WRL) I acknowledge that a triathlon or biathlon is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATION IN TRIATHLONS OR BIATHLONS. I certify that I am physically fit, have sufficiently trained for participating in this event(s), and have not been advised otherwise by a qualified medical person.

I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: 1) WAIVE, RELEASE, DISCHARGE AND AGREE NOT TO SUE, from any and all liability for my death, disability, personal injury, property damage, property theft or action of any kind which may hereafter occur to me as a result of my participation in, or my traveling to or from this event THE FOLLOWING PERSONS OR ENTITIES: event sponsors, race directors, event producers, event volunteers and all cities, counties, districts and/or states in which said events may be staged or in which segments of said events may be run and its (their) officers, directors, employees, representatives and agents and volunteers; 2) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during the Goldsboro Family YMCA Triathlon event.

I hereby consent to receive treatment in the event of my injury, accident and/or illness during this event. I understand that I may be photographed. I agree to allowing my photo, video or film likeness to be used for any legitimate purpose by the event producer(s), event sponsors(s) and or assigns. I HEREBY CERTIFY THAT I AM EIGHTEEN(18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENTS.

_____ I am under the age of eighteen (18) years, my parent/guardian has read and understood the waiver above and signed below.

Print Name Date

Signature

Make check payable to and mail all entries to:

**Goldsboro Family YMCA-Triathlon
PO Box 10355, Goldsboro, NC 27532**

Registration

Triathlon is open to the first 250 individuals. Entry fee due by 5 pm Wednesday, August 4, 2010 or until registration closes at 250 entrants. There will be no race day registration. Entry fees are non-refundable. Registered entrants will receive email confirmation of registration and race packet.

Awards

Awards are provided to top 3 overall females and to top 3 overall males. With the exclusion of the overall winners, awards will be given to the top 3 in each age group. Awards will be given to the top 2 teams of each team category. All participants completing the race will receive a custom designed t-shirt.

Entry Deadline

Wednesday, August 4, 2010
No Race Day Entry Accepted!

Entry Fee

Individual	Team
\$60	\$110

\$5 Discount for Goldsboro Family YMCA Members

Race Packet Pickup

Participant Race Packets will be available at Walnut Creek race site on race morning between 6 and 7 a.m.

Starting Time

Pre-Event Meeting—August 7th—7:15 am
ATTENDANCE IS MANDATORY
Event begins at 7:30 a.m.