



Ocean Community YMCA  
Triathlon  
&

Ocean State Senior Olympics Triathlon National Qualifier

**Date:** Sunday, September 26, 2010  
**Where:** Westerly Town Beach, Misquamicut, RI  
**Check-in Time:** 7:00am  
**Race Start:** 8:30am

**Register:** online at [www.active.com](http://www.active.com) (Ocean Community YMCA Triathlon)

**Maps, course descriptions and entry forms** can be found on line at  
[www.oceancommunitymca.org](http://www.oceancommunitymca.org)

**Distances:** Swim: ½ mile  
Bike: 16 miles (Helmet required!)  
Run: 3 miles

**Timing and race results:** Champion Chip timing by **Platt Systems** ([www.plattsys.com](http://www.plattsys.com))

**Photography:** **JMacht Photography** ([www.jmachtphotography.com](http://www.jmachtphotography.com))

**Divisions:** Individuals - 5 yr age divisions from 14 to 70+  
Relay Teams – Male, Female, Mixed

**Awards:** \*Top 3 Overall Male/Female  
\*Top three in each division  
\*Relay – 1<sup>st</sup> place in each division

**Directions: FROM CT:** I-95 to Exit 92. Take right at end of ramp (Rt 2). Follow to junction with Rt 78. Take Rt 78 to end, straight thru light (Intersect Rt 1). \*\*\*Continue straight for about 1.5 miles and make left at stop sign. Go straight thru first inter-section and left on Atlantic Ave. Go about 1 mile, look for signs.

**FROM RI:** I-95 to Exit 1 (Rt 3). Take right at end of ramp and follow signs to Rt 78 (about 5 miles). Take left onto Rt 78 and follow to end. See above \*\*\* for the rest of directions.

**Packet Pick up:** Saturday, September 25th, 4-5pm Westerly Branch (95 High Street) or race day starting at 7:00am



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**Fees\*\*\***

**Individuals**

\$54.00 postmarked before September 19th  
\$64.00 postmarked after September 19<sup>th</sup>

**Relay Teams**

\$75.00 postmarked before September 19th  
\$105.00 postmarked after September 19th

\*\*\*\*\**Sorry - No Refunds or Transfers*\*\*\*\*\*

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Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_ **Age on race day:** \_\_\_\_\_

**Sex:** Male/Female \*\*\***Please circle one:** Triathlon Open or Triathlon Senior Olympics\*\*\*

**T-Shirt size:** S / M / L / XL

**Relay Teams** (each member of the team must fill out their own entry form): Male, Female, Mixed

Team Name: \_\_\_\_\_

Swim: \_\_\_\_\_

Bike: \_\_\_\_\_

Run: \_\_\_\_\_

\*Team members must fill out separate applications and submit together for team registration.

Signed copies of application and waiver are acceptable.

\*\*\*\***Total Amount Enclosed:** \_\_\_\_\_

**Checks payable to: Ocean Community YMCA**

Completed entry form and payments can be mail to:

**Ocean Community YMCA**

**95 High Street**

**Westerly, RI 02891**

**Questions?** Contact Race Director Polly Chorlton, [pchorlton@oceancommunityymca.org](mailto:pchorlton@oceancommunityymca.org) or  
(401)596-2894

**Please sign waiver:**

In consideration of accepting my entry, I, the undersigned, intending to be legally bound, hereby waive and release any and all rights and claims for losses and damages that I may have against the Town of Westerly, the Ocean Community YMCA, Inc and the YMCA of Mystic, Inc. and its members: The Committee, representatives and any volunteer personnel for any injury that I may receive from my participation in the Ocean Community YMCA Triathlon, September 26, 2010. Any participant under the age of 18 years must have parent's written permission to compete. I hereby assume any risk arising out of my participation in this event sponsored by the Ocean Community YMCA Inc and the YMCA of Mystic, Inc. This waiver of liability and assumption of risk is based upon RI Statute 7-6-9 entitled *Exemption from Liability*.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Parent if under 18 years of age