

In consideration of the acceptance of my entry, I for myself, my heirs, executor, administrators and assigns, waive, release and discharge any and all rights and claims for damages against the Cumberland YMCA, Rocky Gap State Park, Allegany county, MD and any and all participating sponsors and supporters and the directors, employees, and agents of such parties for all claims arising or resulting from my traveling to, participating in, and returning from said race. I attest and verify that I have full knowledge of the risks involved during the race and I assume those risks. I realize that I must obey all traffic laws while participating in the cycling and running portions of the race. Further, I will assume and pay my own medical expenses in the event of an accident, illness, or other incapacity. I understand that there are hazards in any sporting event. I certify that I have trained sufficiently, have well maintained equipment, and am in good health to participate in this event.

*Signature _____ Date: _____

(participant or parent/guardian if under 18 yrs.)

*Signature _____ Date: _____

(participant or parent/guardian if under 18 yrs)

*Signature _____ Date: _____

(participant or parent/guardian if under 18 yrs)

***Signatures required for ALL team participants.**

Cumberland YMCA

601 Kelly Road

Cumberland, MD 21502



23rd ANNUAL YMCA/ROCKY GAP SPRINT TRIATHLON

Saturday, June 5, 2010
9:00 AM
Rocky Gap
State Park

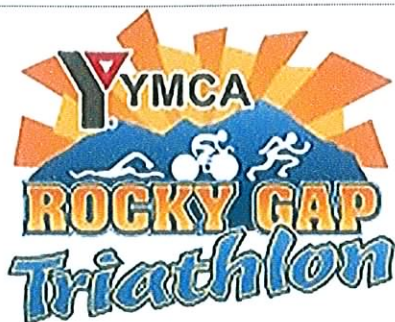
ymca website:
www.cumberlandymca.org

official race website:
<http://home.comcast.net/~rockygaptri.2009/site/>

YMCA PHONE: 301-777-9622
FAX: 301-777-3467

EMAIL: www.rockygaptri.2009@comcast.net

YMCA ROCKY GAP SPRINT TRIATHLON – JUNE 5, 2010



The Course

Swim: The first leg of the course is ¼ mile swim in Lake Habeeb. The average early June water temperature is 70-72 degrees. Wet suits are allowed but not provided. *Swim caps are required and provided.*

Bike: The bike course is approximately 8 miles. You will leave transition from the park and complete the course as a single loop on Pleasant Valley Road. *Helmets are required.*

Run: The run is a single loop on paved roads inside the park area.

Categories and Prizes

All participants will receive a short sleeved t-shirt with registration

Open Adult Triathlon: Medals are presented to the second and third place winners in each age category and an award is presented to the first place winner in each age category. Participants must be 16 or older to compete and able to complete the course without assistance. Awards are also presented to the overall male and female winner. Race will be conducted according to **USAT** rules.

Teams (two or three-person teams) An award is presented to each team member on the first place team.

Clydesdale/Athena (Males 210+, females 160+ lbs) an award is presented to each first place winner in both categories.

How to Enter

On-line registration is available through **Active.com** until **Sunday, May 23, 2010.**
In-person registration is available at the Riverside YMCA until **Friday, June 4, 2010 at 12:00 noon.**

Race Day Registration will be open on site at Rocky Gap State Park

**6:00 AM - 7:30 AM ONLY
 NO EXCEPTIONS!**

**ENTRIES POSTMARKED AFTER SUNDAY MAY 16, 2010
 WILL BE CHARGED THE \$10.00 LATE FEE**

NO Refunds After May 23.

Entry Fees

\$38 Open Adult Triathlon
 \$75 Adult Team (total per team)

All participants must be age 16 and older

Please make all checks payable to "Cumberland YMCA." Send a self-addressed, stamped envelope for immediate verification of registration. Race is subject to cancellation due to inclement weather.

Race Day Social & Awards

After the completion of the race, athletes are invited to join us for refreshments. A ceremony to award each age group and overall winners will follow. Athletes and their families are invited to be the guests of Rocky Gap State Park for the day.

Lodging/Camping

The Rocky Gap Lodge & Golf Resort is located within the park, and offers rooms on beautiful Lake Habeeb. Call 1-800-724-0828 for special room rates and availability. Rocky Gap State Park also offers camp sites. For more information, call (301) 722-CAMP.

Individual or Team Captain Registration:		Name	_____	Email	_____	Phone	_____
Address	_____	City	_____	State	_____	Zip	_____
Sex (circle one)	M F	Age as of June 5, 2010	____/____/____	DOB	____/____/____	TShirt Size (unisex)	S M L XL XXL
		Individual - \$38.00	Team - \$75.00	REGISTRATION FEE ENCLOSED:	\$ _____		
TEAM MEMBER REGISTRATION							
		Name	_____	Email	_____	Phone	_____
Address	_____	City	_____	State	_____	Zip	_____
Sex (circle one)	M F	Age as of June 5, 2010	____/____/____	DOB	____/____/____	TShirt Size (unisex)	S M L XL XXL
		Name	_____	Email	_____	Phone	_____
Address	_____	City	_____	State	_____	Zip	_____
Sex (circle one)	M F	Age as of June 5, 2010	____/____/____	DOB	____/____/____	TShirt Size (unisex)	S M L XL XXL

FOR OFFICE USE ONLY:

Cut and mail completed registration to: YMCA / Rocky Gap Triathlon, 601 Kelly Road, Cumberland MD 21502
ENTRIES POSTMARKED AFTER SUNDAY MAY 16 WILL BE CHARGED THE \$10.00 LATE FEE

ALL ATHLETES MUST SIGN WAIVER ON REVERSE SIDE