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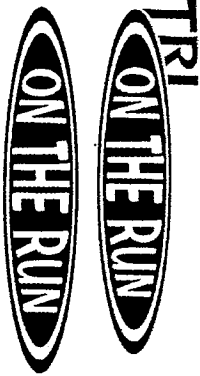
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For more information contact Jennie Stephens at 281-485-6805 or jennifers@ymcahouston.org



With your support, the YMCA of Greater Houston's annual support campaign, the Partners Campaign, ensures that the YMCA is there for those who need us most. By supporting the Partners Campaign, you ensure that everyone regardless of their circumstances or ability to pay can benefit from the YMCA's values-centered programs. Now more than ever, children and families need the YMCA's innovative programs and services. All proceeds from the Freedom Triathlon benefit the YMCA Partners Campaign to support children and families in need.

**Vic Coppinger Family YMCA**  
2700 YMCA Drive  
Pearland, TX 77581  
www.ymcahouston.org

Non-Profit Org.  
U.S. Postage Paid  
Pearland, TX  
Permit No. 43

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. The YMCA strives to turn no one away due to inability to pay.



June 28, 2009

[www.yfreedomtri.org](http://www.yfreedomtri.org)

Coppinger Family YMCA \* Kiwanis Kids Triathlon \* June 27, 2009  
<http://www.kiwanishouston.sunrise.org> \* [www.signmeup.com](http://www.signmeup.com)

## Y FREEDOM SPRINT TRIATHLON

### The Race

Date: Sunday, June 28, 2009  
Place: Independence Park  
Pearland, TX 77581  
Start Time: 7:00 AM

### The Distance

300 M Pool Swim • 12 Mile Bike • 3 Mile Run

### Race Start

The swim will be in the Independence Park 50 meter pool. The 300 meter swim will be a dual pool start with 10 seconds between each swimmer. Accurate swim time must be submitted with entry. Any swim time changes must be submitted by June 15 to [swimtime@yfreedomtri.org](mailto:swimtime@yfreedomtri.org). Entries after June 15 are not guaranteed swim seed time, so register early!

### The Goodies

- Zorrel 100% Microfiber dri-balanced tee
- Participant Only bike raffle for a brand new Fuji Newest 4.0 Bike; you can purchase additional tickets
- Ice Cold finisher towels at the finish line
- Finisher's Medal
- Chip Timing with five splits (swim, T1, bike, T2, run)
- Three days of packet pick up as well as race day packet pick up offered
- Designated Sweeper! Fear not—you will NOT be the last to finish—we have a designated sweeper that will cross the finish line last no matter what so sign up with confidence!

### Awards and Club Challenge

The first Overall Male and Female will each win a \$100 gift certificate to Tri On The Run and \$100 gift certificate to On The Run for a total of \$200 in gift certificates. The Top Masters Male and Female winners will each receive a \$50 gift certificate to Tri On The Run and On The Run. We will have Clydesdale (200+ lb men) and Athena (160+ lb women) divisions. Age group awards will be given to top three male and female winners in 5 year increments. Relay awards will be determined by number of entrants in each category. Check out [www.yfreedomtri.org](http://www.yfreedomtri.org) for more information on awards, participant goodies, and participant raffle tickets for a Fuji 4.0 Bike. All of the local area USAT official clubs are invited to participate in a club challenge. We will award a TOP AWARD to the team with the most points based on the USAT South Midwest scoring system. See the website for details.

### Refund Policy

Please note before registering that there are NO REFUNDS or transfer of entries in this event. Once registered, there are no exceptions.

### Sanctioning and Race Timing

This is a USAT sanctioned race and will be a points race for our region. A USAT annual membership (\$39) or a One Day Membership (\$10) is required for participation. See [www.USATriathlon.org](http://www.USATriathlon.org) for membership options. All athletes will race the age they will be on 12-31-09. The triathlon will be timed using CHAMPIONCHIP TIMING SYSTEMS with complete splits. **CHIPS WILL BE PICKED UP RACE MORNING.**

### Entry Fees

**Early Registration**  
\*Vic Coppinger YMCA Tri Team Member \$50  
Individual, Clydesdale or Athena \$60  
Adult Relay \$105  
Youth \$35  
Youth Relay \$60  
\*\*YMCA Employee Relay \$100

### Late Registration (After May 31st)

Individual, Clydesdale or Athena \$75  
Adult Relay \$120  
Youth \$50  
Youth Relay \$80  
\*\*YMCA Employee Relay \$115

\*Must register at the Vic Coppinger Family YMCA

Welcome Center for tri-team rate.

\*\*Be sure to specify which YMCA you represent in your team name when registering.

### Online Registration

Available at [www.signmeup.com](http://www.signmeup.com)

### Packet Pick-up and Registration

**Thursday, June 25<sup>th</sup> from 2 pm to 6 pm**

- **On The Run**  
10009 Broadway St., Suite 101  
Pearland, TX 77584  
(713) 340-0505

**Friday, June 26<sup>th</sup> from 12 pm to 6 pm**

- **Tri On The Run**  
5535 Memorial Dr., Ste. B  
Houston, TX 77007  
(832) 673-0600

**Saturday, June 27<sup>th</sup> from 12 pm to 5 pm**

- **Vic Coppinger Family YMCA**  
2700 YMCA Dr.  
Pearland, TX 77581  
(281) 485-6805

### RACE DAY PACKET PICKUP ONLY!

**There will be NO race day registration!**

## Y FREEDOM TRIATHLON ENTRY FORM

**Note: Field Limit 500**

Only one registrant per form (copies accepted)  
**2009 USAT Member Number:** \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Evening Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

DOB \_\_\_\_\_ Age on 12/31/09 \_\_\_\_\_

Sex: M F

Purchase additional Fuji Bike Raffle Tickets for \$5 each. I am purchasing \_\_\_\_\_ additional tickets.  
Total amount due: \_\_\_\_\_

**Please Circle:** Y Tri Team Member

Individual Athena Clydesdale Youth

YouthRelay FemaleRelay MaleRelay MixedRelay

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

Relay Sport: \_\_\_\_\_

**Accurate 300M Swim Time:** \_\_\_\_\_ min. \_\_\_\_\_ sec.  
T-shirt size Adult: XS S M L XL XXL

### ENTRY IS INVALID UNLESS SIGNED BY ENTRANT

I realize that participation in this race carries with it a certain risk, and I fully assume any and all risks for my participation. Therefore, I, for myself, executors, administrators, heirs, next of kin, successors and assigns, waive and release the Vic Coppinger YMCA, City of Pearland and everyone associated or affiliated with this event, (the Releases) from any and all claims, potential claims, damages, court costs and attorney's fees that may arise from my participation in the triathlon. Furthermore, I agree to indemnify and hold harmless the releases for any damages from any such claims or damages due to loss or destruction of my personal property while at the event site or property.

**Entry is not valid unless signed by entrant.**

Signature (parent/guardian if under 18) \_\_\_\_\_

**CHECKS PAYABLE TO:** Vic Coppinger Family YMCA  
2700 YMCA Dr.  
Pearland, TX 77581