

# 2009

**Sunday, July 26th, 2009  
(Pre-race meeting at 7:10 am)  
East of Lima on State Route 81**

**8:00 am  
Ottawa Metro Park**

**Triathlon:  
1/2 M Swim  
30K Bike  
5K Run**

**Duathlon:  
2 Mile Run  
30K Bike  
5K Run**

## **Course Specifics:**

1/2 Mile swim takes place in a restricted quarry—no public swimming is allowed until race day. The swim is an out and back.

30K Bike is a rolling, fast course on country roads in a large rectangle.

Runs are all on the same course—out and back on slightly hilly roads

Transition area is a paved parking lot within the park—restrooms are nearby.

**Sponsor: Kewpee Hamburgers**

## **Contributors:**

Allen County Sheriff's Department

J & D Bicycle Shop

Fat Jacks

International Brake Industries

Lima Run and Jog Club

ACERT

Hammer Nutrition

Cridersville Bass Bassbusters

Poco Loco Swim Shop

Johnny Appleseed Metropolitan Park District

REACT

## **Race Registration and Fees:**

\$35 postmarked on or before July 6

\$45 postmarked from July 7-July 20

\$60 postmarked July 21 and race day by 7:00 am

## **3 Person Team Registration or 2 person non-competitive Team Registration:**

\$65 postmarked on or before July 6

\$75 postmarked from July 7-July 20

\$90 postmarked July 21 and race day by 7:00 am

If entering as a team, each team member must fill out a registration form and all entries must be mailed together.

**Registration includes t-shirt (if registered by July 20th), finisher's medal, refreshments and door prizes.**

**Awards will be given to the top three overall male and female in each race as well as the top three in each individual age group.**

## **2009 Western Ohio Multisport Series**

**May 24 St. Mary's**

**July 12 Celina**

**July 26 Lima**

**Sept 6 Richmond, IN**

[www.rocketshipsports.com](http://www.rocketshipsports.com)

## 2009 Kewpee/Lima Family YMCA Triathlon and Duathlon Registration Form

I am entering the (circle one):      Triathlon                      Duathlon                      Team

### Individual Participant

**Groups**                      19& Under      20-24      25-29      30-34      35-39      Clydesdale (200+)  
(Please circle one): 40-44      45-49      50-54      55-59      60+      Athena (150+)

### Triathlon Team Division

(Please circle one):    Male      Female      Co-ed      Master (Combined Ages 120 or more)

**Triathlon Team Event** (please circle one):      Swim                      Bike                      Run

Please print: **(you must also sign waiver below)**

Name: \_\_\_\_\_ M or F      Phone (    ) \_\_\_\_\_

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

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

E-mail address: \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_                      Age on Race Day \_\_\_\_\_                      **PCS Code 03404**

T-shirts size (please circle):    S                      M                      L                      XL                      XXL (All adult sizes)

### Event Waiver Release:

In consideration of the acceptance of my entry, I for myself, my executors, and assignees, do hereby release and discharge the Lima Family YMCA, Lima Run and Jog Club, Johnny Appleseed Metropolitan Park District, The Kewpee, Inc., and any other sponsor and sanctioning body for all claims to damages, demands, actions, whatsoever in any manner arising or growing out of my participation in said athletic event. I fully understand that no medical expense coverage is provided by the sponsors and that any medical expense incurred must be covered by my own insurance policy. I also give permission for first aid. I further attest that I am physically fit and sufficiently trained for competition in all three events.

Signature of Participant \_\_\_\_\_

Signature of Parent \_\_\_\_\_

**(required if participant is under 18 years of age)**

Please mail entry fees and registration to:

**Lima Family YMCA  
c/o Race Director  
345 S. Elizabeth St.  
Lima, OH 45801**

Questions? E-mail [limaymcaracing@hotmail.com](mailto:limaymcaracing@hotmail.com) or call 419-233-5487

Confirmation packets can be checked at [limaymca.net](http://limaymca.net)

**You may also register online at [active .com](http://active.com)**

**You may pay with Credit Card at the YMCA in person or call the front desk and bring a signed waiver to the race 419-223-6045**

In case of inclement weather, partial voucher will be given for a future Kewpee

