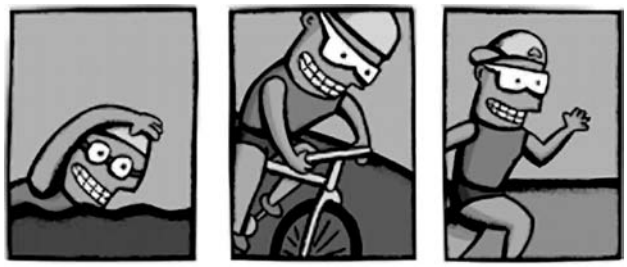
The Hockomock Area YMCA Presents

INDOOR ANNUAL MICRO TRIATHLON

- **North Attleboro Branch**
  FEBRUARY 7, 2010 – 8:00 a.m.
- **Invensys Foxboro Branch**
  FEBRUARY 21, 2010 – 7:00 a.m.
- **Bernon Family Branch**
  FEBRUARY 28, 2010 – 1:00 p.m.



This event is a non-competitive and fun way to challenge yourself and your family to do something physically healthy and emotionally fulfilling.

Come out and Tri! It is a great first-timers event that can be done solo or as a relay team. The event will be composed of the following:

- 300-yard swim, 20 minute bike (on spin bikes), 1 mile run on the indoor track
- T-shirt to the first 50 pre-registered participants

Hockomock Area YMCA Indoor Annual Micro Triathlon (please check one)

❑ North Attleboro Branch, Sunday, February 7, 2010, 8:00 a.m.
❑ Invensys Foxboro Branch, Sunday, February 21, 2010, 7:00 a.m.
❑ Bernon Family Branch, Sunday, February 28, 2010, 1:00 p.m.

_____
Last Name First MI

_____
Street Address

_____
City State Zip

Date of Birth _____ Gender: ❑ Female ❑ Male Shirt Size: ❑ SM ❑ MD ❑ LG ❑ XL

MEMBER: $35 Individual / $50 Relay Team **PROGRAM MEMBER: $53 Individual / $75 Relay Team**
(Checks Payable to: *Hockomock Area YMCA*)

❑ Visa ❑ MasterCard ❑ Discover ❑ AMEX

Credit Card # _____ Exp. _____ CID#_____ (On back of card)

The participant and his/her dependants understand that participation in this program at the YMCA has inherent risks. I release and discharge the Hockomock Area YMCA and any and all sponsors of the Micro Triathlon and their directors, officers, agents, and employees jointly and severally and hold and save them harmless from any and all actions, claims, demands, liabilities, loss, damage, injury, or expense of any kind, including lawyer's fees which may result by reason of my participation in any activity related to or arising from the Micro-Triathlon, whether resulting from the negligence of the organizers or otherwise.

_____ Date _____
Signature of Participant (Parent or Guardian if under 18)

FOR MORE INFORMATION CALL 774-235-2744 IN FRANKLIN, 508-643-5265 IN NORTH ATTLEBORO, AND 508-543-2523 IN FOXBORO.

HOCKOMOCK AREA YMCA
•North Attleboro •Franklin •Mansfield •Foxboro