

2009 Pittsfield Family YMCA Berkshire Bank Y-Athlon

August 16, 2009

Sprint Distance: This is an excellent race for the novice or elite tri-athlete. The swim is 0.5-mile on the picturesque Pontoosuc Lake, then a bike ride of 13.2 miles and finally a run for 3.2 miles in Pittsfield. The race will start and finish at the Pontoosuc Lake where the awards ceremony will take place.

Maps of the course are available at the Pittsfield Family YMCA.

Directions: Race location is approximately 25 minutes north of the Mass Turnpike (I-90). Take Mass Pike exit 2 (Lee) on to US 20 West. Follow US 20 west to Rt. 7 North through Pittsfield. Continue 3 miles North of the rotary (Park Square). For race parking turn left on to Hancock road at the stoplight. The parking lot will be on your left – Pontoosuc Boat Launch. Registration will take place at the Start/Finish area at the lake.

To Google or MapQuest direction your destination should be Hancock Road, Pittsfield, MA 01201

Register at:

www.active.com

Or

The Pittsfield Family YMCA
292 North Street
Pittsfield, MA 01201
(413) 499-7650

Race Directors and Contacts:

Randy Kinnas Eric Tyer
(413) 499-7650 x 12 (413) 499-7650 x 33
rkinnas@nycap.rr.com erictyer@nycap.rr.com

Event Schedule

Saturday, August 15: (Day Before Race) Participants may register and/or pick up packet between 3:00 and 5:00 pm at the Start/Finish area at Pontoosuc Lake.

Day of Race: August 16, 2009

7:30 am: Registration and Packet Pick up @ Start/Finish Area

8:30 am: All Bikes must be racked

9:00 am: Start of Race

Awards Ceremony at the Start/Finish Area

Awards

Individual: First Place Overall Male/Female: medals
Top 3 Male/Female in each category: medals
Top 3 Strong Kids: 3 - 3-month Y memberships
Top Family: 1 - 3 month family Y membership
Top Community: 3 - 3-month Y memberships
(One for each member of the winning team)

Relay: Top Team in each category: medals

Categories

Individual

Age: 15-19
20-24
25-29
30-34
35-39
40-44
45-49
50-54
55-59
60-64
65 & up

Relay Categories

Under 40* Over 40*
All Male
All Female
Co-Ed
Strong Kids
• Team members are under 19 years
Strong Families
• Team members are related
Strong Communities
• Team members are residents of Berkshire County

* Age determined by youngest team member

Entry Fees

	Pre-Registration	Night Before/Day of
Individual:	\$50	\$60
Relay:	\$100	\$120

Includes: t-shirt, race bag & food after the race.

** Wet Suits are Optional **

Registration

First Name: _____

Last Name: _____

Street Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

USA Triathlon # (if applicable): _____

Male: __ Female: __ Shirt Size: M __ L __ XL __

In consideration of this entry being accepted, I do hereby forever waive and release the Pittsfield Family YMCA and the sponsoring organizations and companies, their agents, representatives, assigns and successors for all claims of action which I at any time acquire as a result of participation in the event for which the entry relates. I also give permission to the Pittsfield Family YMCA to release any pictures taken during the event.

Participants or Guardians Signature: (Required)

Relay Teams Only

Each member must fill out separate entry form and staple together. **Please list teammates names below**

Swim: _____ Age: _____

Bike: _____ Age: _____

Run: _____ Age: _____

Emergency Contact

Name: _____

Phone: _____

Payment

Cash: _____ Check: _____

Credit Card # _____
(**Visa/MasterCard/Discover**)

Exp ___/___/___

Signature: _____