



Once this race is over, do you need some help staying motivated?

**Couch Potato Triathlon** Fitness Incentive for Y Members. A six-week program designed to help you stay motivated through the winter months by completing a Triathlon- 2.4 miles of swimming, 112 miles of cycling, and 26.2 miles of running. Youth ages 15 and under may complete half a Triathlon- 1.2 miles of swimming, 56 miles of cycling, and 13.1 miles of running. You will have a log at the Wellness Desk to keep track of your daily activity. A Y staff member will sign off on your distances. Turn in your log to receive credit and a t-shirt once the Couch Potato Triathlon is completed. Please talk to the Director of Healthy Living for modification.

Look for program dates coming out in the YMCA's Winter Catalog.



the

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# START YOUR NEW YEAR RIGHT

## Frigid 5k January 1



## HEALTHY LIVING: Frigid 5k

Sunday, January 1, 2017 1:00 p.m.  
The race is for all ages

Pre-registration entry fee: \$20  
Includes fleece hat or headband.

After December 23: \$25  
Some hats and headbands available.

Sign up and pay online at: <https://runsignup.com/Race/IN/Warsaw/YMCAFRIGID5k>

OR

Mail or bring registration form to the Parkview Warsaw YMCA. Make checks payable to "Kosciusko Community YMCA."

Race day registration will be inside the Parkview Warsaw YMCA from 11:30 a.m. - 12:45 p.m.

Age group awards will be given out at the awards ceremony for: the overall male and female and for the top 3 in each age group: 8 and under, 9-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and up. Participation medals will be given for those who do not place in the 8 and under and 9-14 age group.

Post race chili will be served.

Parkview Warsaw YMCA  
1305 Mariners Drive Warsaw, IN 46582

For more information contact  
Tonya Douglass  
[twelsh@kcymca.org](mailto:twelsh@kcymca.org) or (574) 269-9622



## Frigid 5k Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Male/Female

Phone (\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_

How did you hear about the 5k? \_\_\_\_\_

### PLEASE SIGN THE FOLLOWING WAIVER:

I certify that I have adequately trained for this event. I assume full responsibility for any injury or accident which may occur on the course. I agree to permit myself to be removed from the course if race officials determine my health may be endangered. I agree to hold harmless and discharge the YMCA, the City of Warsaw, race sponsors, race officials, volunteers, Dave Devoe and any others associated with this event from any claims from injury, damage or death from participation in this event whether or not it is my fault. I give my permission for the free use of my name and/or picture in any broadcast, telecast, or print media account of this event.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature of parent or guardian Date

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Signature Date