



The Wyckoff Family YMCA & The Wyckoff-Midland Park Rotary Club Present



# The 26th Annual Wyckoff/Franklin Lakes Triathlon



Wetsuits  
Encouraged!

T-Shirts!

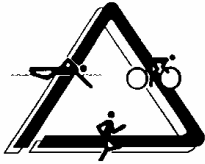
Prizes!



Saturday, June 14, 2008

**Check In: 5:00 am, Race Begins 6:45 am**

Held at: The Indian Trail Club at Franklin Lakes, New Jersey



**Computerized Timing with Split Times Using the Champion Chip Timing System from CompuScore!!  
Clydesdale Division for Men / Athena for Women!! (Men over 200 lbs. /Women over 150 lbs.)**

Swim 1/2 Mile  Bike 17 Miles  Run 5 Miles

Top Three Male and Female Overall Finishers Get Free Entry in Next Year's Race!

## Post-Race Award Ceremony at 9:30 a.m.

Trophies to the top 3 men & women overall, the top 3 men Clydesdale and women Athena finishers, and the 1st, 2nd, and 3rd place relay teams. Trophies will also be awarded to the 1st, 2nd, 3rd place male & female winners in each age category.

**ATTENTION RELAY TEAMS: EACH MEMBER of a relay team must complete and sign a separate form in ink. Team applications must be submitted together in one envelope with team payment.**

**Notes:** Race packets should be picked up prior to race day at the Wyckoff Family YMCA, 691 Wyckoff Avenue, Wyckoff, NJ between June 6-12 during regular business hours and on Friday, June 13 from 9:00 am—6:00 pm. **Event subject to cancellation due to weather conditions. Due to the nature of the event, we are unable to issue refunds. NO RACE DAY REGISTRATIONS!** For the safety of all athletes, registration will close on Friday, May 30, OR upon maximum registration of 800 participants, whichever comes first. **If water temperature is below 66 degrees, wetsuits will be required. Please note: Champion Chips must be returned at the end of the race.**

All submissions must have an **ORIGINAL SIGNATURE**. Copied or faxed signatures are **NOT ACCEPTABLE**.

(Feel free to duplicate the form itself, but all registrations must have an original signature in ink.)

### Wyckoff Triathlon 2008 Official Entry Form

For Official Use Only:

PLEASE PRINT and return with checks made payable to: The Wyckoff Family YMCA, P.O. Box 203, Wyckoff, NJ 07481. For more information, call 201-891-2081, email [nancya@wyckoffymca.org](mailto:nancya@wyckoffymca.org), or check the Y's website at [www.wyckoffymca.org](http://www.wyckoffymca.org)

Race Number: \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ ZIP \_\_\_\_\_

D.O.B. \_\_\_\_\_ Sex: M F Work Phone \_\_\_\_\_ Home Phone \_\_\_\_\_ Age at 6/14/08 \_\_\_\_\_

Email Address: \_\_\_\_\_ Shirt Size: S M L XL This is my first Triathlon EVER. Y N (circle one)

Entering as (circle one): Individual Team Clydesdale Athena Male Elite\* (Athletes in Elite wave will qualify for age-group awards)

\*Competitors wishing to compete in the Elite wave must submit their qualifying credentials for approval below. To enter as an "Elite", athlete must have finished in the top 30 overall in the 2007 Wyckoff Tri, or have finished in overall top 5 in a previous year's Wyckoff Tri. Other applicants must submit other tri credentials to the race committee for approval. Elite Credentials: List Race Name, Date, Best Finish, and Race Time: \_\_\_\_\_

If you are entering as a team, list your teammates: \_\_\_\_\_

	Before 3/31/08	After 3/31/08
Individual Fee	\$80.00	\$100.00
Relay Team Fee	\$120.00	\$140.00

Please make checks payable to the Wyckoff Family YMCA. Amount Enclosed: \$ \_\_\_\_\_

**\*\*\*Confirm all Information Carefully—Registrations are NOT transferable!\*\*\*  
Teammates must remain as listed above. Call the Y at 201-891-2081 to notify of any personnel changes to teams. A \$25 change fee will be assessed.  
\*\*\$25 Change Fee for all registration changes!\*\*\***

PLEASE READ CAREFULLY BEFORE SIGNING: In consideration of the acceptance by sponsors of my entry in the Wyckoff Triathlon, I \_\_\_\_\_ for myself, my heirs, executors and administrators hereby discharge The Wyckoff Family YMCA, The Wyckoff/Midland Park Rotary Club, the Indian Trail Club, Inc., Urban Farms, Inc., Bergen County Police Dept., Township of Franklin Lakes, Township of Mahwah, Bergen County Parks Department, their officers, directors, shareholders, the towns, county, state and/or district where the competition is held and all sponsors and producers of this event, their agents, representatives, successors and assignees, from all liabilities, actions, claims, demands, damages, costs and expenses, which I may now or in the future have against them or any of them arising out of my participation in the above mentioned Wyckoff Triathlon, including but not limited to all injuries that may be suffered by me. I attest and verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the Triathlon distances mentioned above and that no physician or other qualified individual has advised me against competing in any portion of the Triathlon series, or the entire series itself, or any such similar activity. I grant my permission to all the foregoing to use photographs, motion pictures, recordings or any other record of my participation in the Triathlon for any legitimate purpose without remuneration.

ENTRANT'S SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_ SIGNATURE OF PARENT OR GUARDIAN (If Under 18) \_\_\_\_\_

### Official Rules for the Race:

1. All participants must wear helmets while cycling. You will not be permitted to compete without a helmet.
2. Your race package includes one T-shirt, one bathing cap, one pair of numbers and safety pins.
  - A. Cyclists must attach the number to the cross-bar on the bike.
  - B. Runners must wear number on the front.
  - C. Numbers must be visible at all times.
3. Traffic laws must be followed (i.e., stop signs, lights, law enforcement). Public roads being used for the course are being shared with automobile traffic. Violators will immediately be disqualified and removed from the race. Any competitor who violates the law or disregards the instructions of any race official will be disqualified and immediately removed from the race.
4. Assistance from people other than race officials is prohibited. Please instruct family and friends not to escort you or follow you around the course. **It is the responsibility of each competitor to know the race course. We highly recommend familiarizing yourself with the course prior to race day.**
5. Race officials are posted throughout the course to provide directions and monitor compliance with traffic laws. **THE COURSE WILL CLOSE DOWN 3 HOURS AFTER THE START OF THE RACE.**
6. **DRAFTING IS NOT ALLOWED. Violation of this rule will result in penalties or immediate disqualification.**
7. Runners, bikers and swimmers must maintain their position in the finish chutes after crossing the finish lines.
8. All swimmers must wear swimsuits, biking shorts, or tri-suits and bathing caps. Swimmers will be numbered on both shoulders as they enter the beach.
9. Swimmers may not wear snorkels, fins or flotation devices. Goggles and wet suits are permitted.
10. For your safety, swimmers will start in five groups according to your age group. Swimmers must maintain adequate separation to prevent contact with another swimmer. Willfully or intentionally delaying another swimmer could result in disqualification. Finish times will be adjusted. **(Each of the five groups is assigned a unique bathing cap color. Please do not change caps as it would interfere with the timing).**
11. Swimmers wishing to change clothes must use the facilities provided after passing through the chute. Public nudity is prohibited.
12. Athletes only are permitted in the bike corrals.
13. Cyclists must keep to the right (with normal traffic flow) and runners must keep to the left (facing normal traffic flow). Wide turns are prohibited.
14. Upon completion of the bike course, cyclists must dismount and walk into the transition area. Assistance will not be available for securing your bike. You must park your bike in the assigned space.
15. You are advised to arrive early and walk through the transition areas. **RACE STARTS PROMPTLY AT 6:45 AM. Course will be closed at 9:45 AM.**
16. Park in designated areas only. Do not park on roads or in shopping center lot.
17. **NO ALCOHOLIC BEVERAGES, COOKING GRILLS, OR PETS PERMITTED IN RACE AREA OR PARKING LOT.**
18. **NO UNAUTHORIZED BANNERS, POSTERS, OR ADVERTISEMENTS.**
19. **Timing chip needs to be picked up on race day no later than 6:15 AM, and returned upon completion of the race.**
20. **MINIMUM AGE TO COMPETE AS AN INDIVIDUAL OR TEAM MEMBER IN THE TRIATHLON IS 14. Must be 14 on race day.**

<b>Swimming Course—1/2 Mile</b> Swim left turn pattern around both buoys. Exit through chutes.	<b>Running Course—5 Miles</b> Run against traffic—Left side
<b>Biking Course—17 Miles</b> Bike with traffic—Right side	Look for the new 5 mile run course on our website: <a href="http://www.wyckoffymca.org">www.wyckoffymca.org</a> in March.
Proceed from lake to bike corral. Follow signs to exit bike corral. RIGHT—Wyandote LEFT—Scioto RIGHT—High Mountain Road LEFT—Ewing Avenue LEFT—Franklin Avenue RIGHT—Old Mill RIGHT—Pulis LEFT—Campgaw Road continue up to Campgaw Reservation LEFT—Into Campgaw to turn around at cul-de-sac BACK—to Campgaw Road RIGHT—Campgaw Road RIGHT—Pulis RIGHT—Franklin Avenue LEFT—Colonial LEFT—Franklin Lakes Road RIGHT—Wyandote and into Bike Corral **Dangerous curve! Must slow down!**	
<b>Free T-Shirt for Volunteers!</b> If any family members or friends are willing to help out on race day, please have them contact the Y at 201-891-2081 no later than May 30th.	

## **--Attention All Triathletes--**

**In order to be eligible to participate in the Wyckoff/Franklin Lakes Triathlon, you MUST read and sign the agreement below and return it with your application.**

*For several years, many of the athletes participating in the Wyckoff-Franklin Lakes Triathlon have taken the liberty of swimming the tri swim course in Franklin Lake, both before and after the race. These individuals access the lake from the Indian Trail Club. This practice is not permitted and constitutes trespassing. It also poses potential liability risks to the Indian Trail Club and the Wyckoff Family YMCA, and threatens our ability to continue presenting this event each year.*

*Indian Trail is a private club and its beach, docks and swimming areas are restricted to members only. The triathlon race committee is determined to stop the unauthorized use of Indian Trail Club and Franklin Lake by triathlon participants. Any non-club member swimming in Franklin Lake or using Indian Trail Club facilities will be barred from competing for the next three years and will forfeit any entry fee paid.*

**All race participants must sign this form and return it with their application in order to be eligible to compete.** By signing, you agree not to make unauthorized use of the Indian Trail Club or Franklin Lake and you acknowledge that the penalty for doing so will be forfeiture of your entry fee and disqualification from the 2008 Wyckoff-Franklin Lakes Triathlon and for three more years to follow.

Entrant's signature: \_\_\_\_\_

(If you are signed up as a team, other team members must sign below).

Entrant's signature: \_\_\_\_\_

Entrant's signature: \_\_\_\_\_

Date : \_\_\_\_\_