



& Hy-Vee present

5th Annual

Summer Daze Triathlon

Saturday, May 1st
8:00 a.m. Race starts
Newton, Iowa

Athlete's Name _____ T-Shirt Size S M L XL XXL
Individual Team (If Team entry, include names and event at bottom)

Address/City/State/Zip _____

Phone _____ Age _____ Gender M F

E-Mail Address _____

500 meter Swim Time _____

Emergency Contact _____ Relationship _____

Emergency Contact Phone _____

Team Athletes:

Swim _____ T-shirt Size S M L XL
Bike _____ S M L XL
Run _____ S M L XL

Entry Fee (Individual):

\$45 If postmarked by April 18th
\$50 After April 19th
\$60 Race Day Registration

Entry Fee (Team):

\$55 If postmarked by April 18th
\$70 After April 19th
\$80 Race Day Registration

*\$10 discount if USAT Member _____
(Membership Number)

Please send entry form along with payment to
Newton YMCA 1701 S. 8th Ave. E. Newton, Iowa 50208.
No Refunds.





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Race Information

- Location:** The Newton YMCA is located at 1701 S 8th Ave E in Newton, IA.
- Swim:** 300 meter swim to be held in the YMCA pool. This is a six-lane, 25-meter indoor pool. *Yes, we shortened the swim. We had a great increase in participants last year and we want to make sure you're not spending your entire morning waiting to get into the pool!*
- Bike:** The bike course is 18 miles to the town of Reasnor and back to the YMCA. The course includes some hills, with several fast flats.
- Run:** The run is a 5K loop on the city streets.
*Food and beverages will be available following the event.
All proceeds benefit the Newton YMCA Scholarship Fund.*
- PRIZES:** *Overall men's & women's champion receive paid entry into Hy-Vee Triathlon on June 27th!!
USAT Age Categories!*
Plaques awarded to 1st, 2nd, & 3rd place in men's & women's division, and team division.
- Registration:** 5:30-8:00 p.m. Friday, April 30th or beginning at 6:30 a.m. Saturday, May 1st.
- Contact:** Gayle Kingery
641-792-4006
Gayle.Kingery@newtonymca.org

Lodging Information

Econo Lodge	I-80 & Hwy 14	641-792-8100
Newton Inn	I-80 & Hwy 14	641-792-4200
Quality Inn	1700 W 19th St S	641-792-7722
Days Inn	1605 W 19th St S	641-792-2330
Holiday Inn Express	208 W 4th St N	641-792-3333
Super 8	1635 S 12th Ave W	641-792-8868