

Registration Form

Name: _____

Date of Birth: _____

Address: _____

Best Phone Number for Contact: *circle one below*

Cell / Home/ Work _____

Email: _____

USAT No.: _____

Check here if you want your email and phone number added to the Y Dub Tri Club member contact list.

Emergency Contact Name: _____

Emergency Contact Number: _____

What is your triathlon background/ experience? Beginner/Age-Groupers/ Elite? How many triathlons have you raced?

What are your goals for the upcoming season?

The YWCA Lower Cape Fear is a nonprofit membership organization founded in 1914 as a member of the national YWCA, an autonomous women's movement. We are committed to self-determined social change for women of all racial, ethnic and economic groups. The YWCA provides leadership in our community, nation and world in the struggle for peace, justice, freedom and dignity for all people.

**YWCA of Lower Cape Fear
2815 S. College Rd.
Wilmington, NC 28412**



**eliminating racism
empowering women
ywca**

**2815 South College Rd
Wilmington, NC 28412
Tel: 910-799-6820 ext.110
www.ywca-lowercapefear.org**



OFFICIAL CLUB

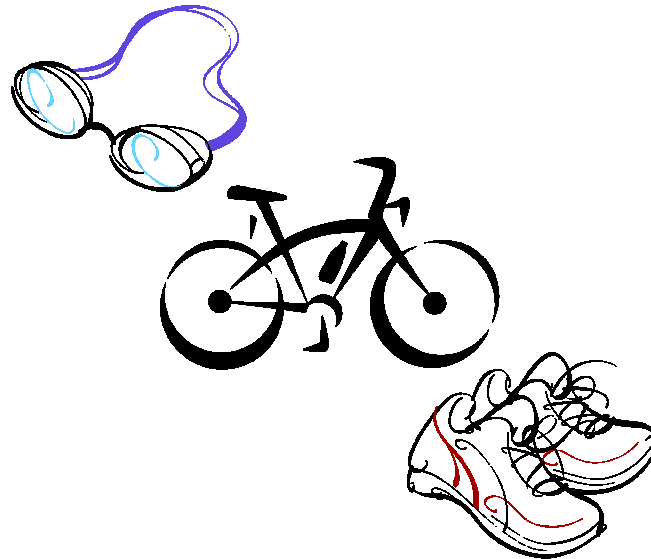
Training

The Y Dub Tri Club is an official USA Triathlon Club providing specialized training in swimming, running and biking for all levels and ages of athletes. Every practice is coached to ensure safe training techniques and feedback.

Membership to the YWCA is required for all program participants.

Schedule May 13-September 17

Tue	Wed	Thu	Fri
5:30-7:00am Swim @ YWCA Lance	5:45- 7:00am Bike/ Run /Open Water @ Wrightsville Beach Beth	5:30-7:00am Swim @ YWCA Alan	5:45-7:00 am Run/Bike/Open Water @ Wrightsville Beach Beth



Fees

May 13-September 17

Training Fee: \$200.00

**ALL PROGRAMS REQUIRE A CURRENT
YWCA MEMBERSHIP**

Family Membership (parents and children) \$55
 Individual Membership \$35
 Individual Senior Membership (60 and older) \$30
 Youth Membership (up to age 17) \$25

Coaches

Run/Bike/Open Water

Beth Andrew
 coachbethandrew@gmail.com

Swimming

Alan Sandrin
 bigaltheterp@gmail.com

Lance Tate

pooldir@ywca-lowercapefear.org

**Program will start Tuesday, May 13th and
run until Tuesday, September 17.**