

RAGBRAI



10 Week Training

Spencer Family YMCA

May 15 - July 21

Tuesdays & Thursdays

5:30am-7am, \$75

- Outdoor rides, rain or shine!
- Provide your own bike and helmet to ride as you would on Ragbrai.
- Talk to cycling experts to ensure cycling safety and bike maintenance.



Triathlon

Training Add-on

Swim/Run on Mondays and Fridays under the direction of a Personal Trainer plus additional workout plans.

Cost: Additional \$50

Contact: Josh Kelly for more information.
jkelly@spencerymca.org, 712-262-3782

RAGBRAI TRAINING 2017

#01172 17FF

Name: _____ Cycling Only \$75 Triathlon Add-on +\$50

Address: _____ Gender: _____ DOB: _____

City, State, Zip: _____ Phone Number: _____

Email: _____

I knowingly am registering for the Ragbrai/Triathlon training and I do so at my own risk and personally assume responsibility for any injuries or other damages I may incur as a direct or indirect result of my participation. I further agree that neither my heirs or assigns will hold liable any representative of the Spencer Family YMCA or its sponsors as a result of injuries or damages sustained from any participation of any of these events. I further, hereby, certify that I am physically fit to train. I, the undersigned, do hereby consent and agree that the Spencer Family YMCA, it's employees, or agents have the right to take photographs to use in any and all media, now and hereafter known. Signature (parent if minor).

Signature _____

Date _____