

Course Details

RUNNING

The running distance is 5K

Directions from the YMCA:

The 5K Run begins on the West Side of the Huntsville YMCA building on Cannstatt Dr. SE and runs to Dortmund Dr. SE
Left and runs to Arolen Dr. SE
Left and runs to dead end , runs around a water main cover back to Waldrop Dr. SE
Right and runs to Willow Cove Rd. SE
Left and runs to Cannstatt Dr. SE
Right and runs to Edgehill Dr. SE
Left and runs to Dellowod Rd. SE
Left and runs to Willow Hills Dr.
Right and runs to Weatherly Rd. SE and continues to the bike transition area on the West side of the YMCA building.

BIKING

The bike path is 8 miles

Directions from the YMCA:

(helmets are required on the bike course)

Left on Canstatt, course goes left on Dortmund
Left on Torino
Right on Wallwood
Left on Todd Mill
Right on Bleu Drive
Left on Bluff
Left on Mountain Gap
Take the Aldridge Creek Greenway to the Green Cove Road turn around & travel back down the Greenway, exit on Green Mountain Rd Bridge to Todd Mill and back to the YMCA
Right on Todd Mill
Right on Wallwood
Left on Torino
Right on Dortmund
Right on Canstatt
You will enter the YMCA at the West side parking lot! You will now transition to the pool area!

SWIMMING

300 yard swim at the YMCA pool

Ages 6-12 must pass a swim test to participate

Swim tests can be given at anytime during open pool hours by the life-guard on duty. The swim test consists of:

- Showing you can float on your stomach & back
- Swimming comfortably one length of the pool
- Treading water for one minute

The Event

Run 3.0 miles
Bike 8 miles
Swim 300 yards

Start time: 7:00am

You must Finish:

Run by 8:30a
Bike by 9:00a
Swim by 9:30a

Parking is available at the SEY

(No transportation between start and finish points)

**Race course directions inside brochure
Registration fees are Non-transferable,
Non-refundable.**

**More information go to
www.ymcahuntsville.org**

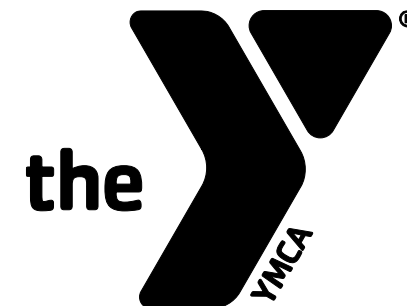
Register online at



Thank you to our sponsors:



**To become a sponsor, please contact:
Sharon Allen
Sharon.allen@ymcahuntsville.org**



Soggy Seals Triathlon



Southeast YMCA

12th Annual
Outdoor Triathlon
September 9th
7am start time



INFORMATION

DATE AND TIME

September 9th, 2023
7:00am Start Time

LOCATION

Southeast Family YMCA

ENTRY FEE

Individual

Before Aug 21st: \$30

After Aug 21st: \$35

Youth 12 and Under

Before Aug 21st: \$20

After Aug 21st: \$25

Family & Team

Before Aug 21st: \$20 per person

After Aug 21st: \$25 per person

T-SHIRTS

The First 200 registered for the outdoor triathlon will receive a free t-shirt

TEAM COMPETITION

Teams consist of 2-3 members

1st, 2nd and 3rd place awards will be awarded for teams.

AWARDS

Age Groups:

Youth 6-9

Youth 10-12

15 and Under

16-19

20-29

30-39

40-49

50-59

60+

Medals awarded to age group winners

Overall Male and Female winners are not eligible for age group awards

TO REGISTER

Register at the Membership Desk or mail entry form to:

Southeast Family YMCA

Attn: Sharon Allen

1000 Weatherly Road

Huntsville, AL. 35803

P: 256.883.9622 F: 256.881.8812

E: sharon.allen@ymcahuntsville.org

*Checks payable to:
Southeast Family YMCA*

*All entry forms must be postmarked
1 week prior to the event date.*

2023 ENTRY FORM

**There will be NO registration day of the event! Online
Registration ends on September 8th!**

Check One: Individual Team Family

Name _____

Address _____

City _____ St _____ Zip _____

Email _____

Phone _____

Sex Male Female 5K Run time _____

Age _____ DOB ____/____/____

T-shirt size YS YM AS AM AL XL

Team/Family participants, please list the events you will be participating _____

Team name _____

Donation for community outreach: \$ _____

Total Amount: \$ _____

In consideration of my application being accepted, I accept any risks of participation in the triathlon and agree to hold harmless the Southeast Family YMCA, Downtown Metro Office, all sponsors, all officers, directors and members of said organizations, their respective employees, agents and any other individuals who are in any way associated with this event, including volunteers. I attest and verify that I am physically fit and have sufficiently trained for this event.

Signature _____

Date _____