

LIVESTRONG at the YMCA Green Lakes Triathlon 2012

YMCA Member On-line Registration Instructions

- Go to www.ymcaofgreatersyracuse.org
- Click on-line registration option located in upper right corner
- Follow the steps to login
 - Note that your contact information must match what is in our system in order to register. This includes name, address, email, and date of birth.
 - We suggest setting up your login prior to January 2.
 - If you are unable to login, contact your home branch to ensure all your information is in our system.
- Once in, select your name to register.
- To search for the triathlon:
 - Select Syracuse YMCA Downtown
 - Select All Program Categories
 - You will not need to fill in the rest of the information
 - Hit search
- You will now choose your registration option:
 - Individual or
 - Team
- Complete the requested information
- Note that for teams, only the team captain will register. Follow up information will be sent to team captain for team shirt sizes.
- Swim Waves: Note that in 2012 there will still be three swim waves at five minutes apart. The first will be male, the second female, and the third will be for teams and those (male and female) desiring a less crowded start.
 - Swim Wave (check one): Male Female Third
- Registration questions? Contact Beth at 474-6851 ext. 309 or bcalcaginio@syracuseymca.org