



TRI FITNESS SPLASH, SPIN & DASH KIDS TRIATHLON

Who: Race Sponsor Tri Fitness of White Bear Lake Invites Kids to Race the *Splash, Spin and Dash* Kids Triathlon.

When: Saturday, August 6, 2011. Races Start at 9:00 AM

Where: Race Location is Chain of Lakes Rice Creek Park in Lino Lakes/Centerville (off of Main St. or Co. Rd. 14) There is a \$5 parking fee at the park.

What: Two Distances offered: 50 yard swim, 1 mile bike, 1/4 mile run
100 yard swim, 2 mile bike, and 1/2 mile run

All participants receive a Finishers Ribbon and Post-Race Recovery Food. Water and Nutritional Aid is provided on the race course.

How: Register Online at www.TriFitnessWBL.com or with form below to Tri Fitness in White Bear Lake, 2193 4th St. White Bear Lake, MN 55110. Call Vicki at 651-788-6099 with questions. Entry Fee is only \$15 in advance, \$20 on Race Day

Why: Tri Fitness is committed to encourage and facilitate opportunities for kids to establish a healthy and active lifestyle through proper training, nutrition and the excitement of organized races with the focus on participation and fun for all.



RACE WAIVER & REGISTRATION FORM

Knowingly, and at my own risk, I hereby apply and/or apply as a parental guardian on behalf of a child to enter Splash, Spin and Dash Triathlon, and do hereby waive and release any and all claims for damages, including negligence claims that I may incur as a result of my participation in the event against USA TF, Tri Fitness, all municipalities, all sponsors, or any employee, volunteer, official or elected official of these said organizations. I understand that the entry fees for the event are non-refundable for any reason(s) and race numbers are not transferable. I further certify that I have full knowledge of the risks involved in the event which may be held over public roads and facilities open to the public during the event and upon which hazards are to be expected carry inherent dangers and risks including without limitation personal injury, property damage or death. I certify that I am physically fit, and sufficiently trained to participate. If however, as a result of my participation in the event, I require medical attention, I hereby give my consent to authorized medical personnel of the event to provide such medical care as is deemed necessary by such authorized personnel. I further understand that due to the time of the year this event is held, there is the possibility of inclement weather. I do assume all weather related risks with my participation in this event. I also hereby grant full permission to Tri Fitness and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of Splash, Spin and Dash Triathlon for any legitimate purpose, at any time, without compensation. Having read and understood the foregoing, and after careful consideration, I hereby voluntarily assume all risks inherent with participation in the event as stated herein and certify my agreement by my signature below.

Signature _____ **Date** _____
 (Signature of Parent if under age 18)

Name: _____

Address: _____

City: _____

State/Zip: _____

E-mail: _____

Phone: _____

Age Race Day: _____ **Gender:** M F