

# Penny's Indoor Triathlon

The indoor triathlon will take place on Sunday, April 28<sup>th</sup>, 2019 and consists of three indoor events; swimming, biking, and running. We are offering two options and two levels so that everyone in our community may participate! Option #1 The SPRINT! - 500-yard swim, 13-mile bike ride and 3.1 mile run. You will be timed and ranked accordingly. Option #2 The TIMED version -10-minute swim, 30-minute bike ride and a 20-minute run all *at your own pace*. After the event, spin our wheel-of-prizes for gifts donated by our local sponsors!

What a better way to support our community than coming together and sharing this experience with Penny and her family!

## Registration:

*Deadline Thursday April 25th*

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency contact name and phone #: \_\_\_\_\_

**\$35 registration fee paid @ Club Loveland by Thursday, April 25th @ noon!**

### Level of Triathlon you will participate in:

Competitive: 7:00am \_\_\_\_\_ (Sprint) Estimated Time for 500 yard swim: \_\_\_\_\_

Non Compleitive: 9:00am \_\_\_\_\_ (Timed or *not?*)

**Call in Friday April 26<sup>th</sup>, after 2:00pm for your start time:**

#### Release & Waiver Statement:

I know that running, swimming and cycling are potentially hazardous activities. I should not enter run, walk, bike or swim unless I am medically able and properly trained. I agree to abide by any decision of a triathlon official relative to my ability to safely complete the triathlon. I assume all risks associated with running, swimming and cycling in this event including, but not limited to: falls, contact with other participants. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Penny's Triathlon, Club Loveland at Orchards and any other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that my liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I agree to hold harmless Club Loveland at Orchards, all sponsors, volunteers & race officials from any claims. Participants also authorize and consent to the use of his/her name and or picture in television, newsprint, advertisements, or any other media. If the participant is under 18 years of age the parent agrees to the following statements: As a parent or guardian of the participant, I authorize the child to participate. I also join in the statements and agreements made by the participant in this document. I also agree that, in the event participant or anyone acting on his/her behalf should make any Claims, I will prove the indemnities described above.

Signature of participant 18 years of age or older; or parent/legal guardian of minor under 18 years of age:

Signature \_\_\_\_\_ Date: \_\_\_\_\_