

TriSportCoaching



Endurance Training and Racing

REGISTRATION FORM

Spring Fling Triathlon & 5k Run, Kid's Triathlon

Sunday April 27th, 2014

7:30 AM

5k Run/20k Bike/400m Swim

Location: Rio Rancho Aquatic Center
 Fees before 4/15: Individuals \$55, Teams \$112, Junior (<19yr) \$29, 5k run \$28, Kids Tri \$15
 Fees 4/16-4/26: Individuals \$65, Teams \$129, Junior \$39, 5k run \$38, Kids Tri \$15
 Mahoney Mile \$5 before/on 4/26, \$7 on 4/27.
 info: Go to TriSportCoaching.com for more information about the race, or contact
 is at info@TriSportCoaching.com.

Registration online via Active.com (closes 6PM 4/26), or mail this form together with a check payable to TriSport: TriSportCoaching, PO Box 94703, Albuquerque, NM 87199. Mail in forms must be postmarked by 4/18.

NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 EMAIL: _____ PHONE: _____
 AGE ON 12/31/14: _____ BIRTHDAY ____ / ____ / _____

SHIRT SIZE (Unisex): XS S M L XL

KIDS RACE SHIRTS (Youth sizes): XS S M L

Please note that the shirts usually are on the bigger size, so select a smaller size if you are between two sizes. There are no shirts for the Mahoney Mile event.

MALE _____ FEMALE _____

Racing as: Individual Athena Clydesdale PC
 5k run Kids 4-7yr Kids 8-12yr Mahoney Mile
 Team Team name: _____

Additional team members names, USAT License # and shirt sizes:

Name _____ USAT # _____ Shirt size _____

Name _____ USAT # _____ Shirt size _____

Registration fee: _____

RELEASE OF LIABILITY – PLEASE READ CAREFULLY AND SIGN on next page

WAIVER AND RELEASE OF LIABILITY – PLEASE READ CAREFULLY BEFORE SIGNING

1. In consideration of being allowed to participate in any way in the Spring Fling Triathlon & 5k Run, the Spring Fling Kid’s Triathlon, the Mahoney Mile and related coaching, clinics, camps and activities, the undersigned acknowledges, appreciates, and agrees that:
2. By my signature for myself, and on behalf of my spouse, heirs, assigns, executors, personal representatives and next of kin HEREBY RELEASE, HOLD HARMLESS AND WAIVE all rights and claims for any and all damages I may have against Tri Sport Coaching, and all other management, organizers, sponsors, employees, volunteers, independent contractors, agents, personnel and if applicable owners and lessors of premises used to conduct this event and/or associated with this event. RELEASEES WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property including but not limited to medical costs, legal costs, attorney fees, and courts costs, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent of the law and,
3. I acknowledge this activity is physically strenuous and vigorous, and by I am responsible to know my own limitations be they medical and/or fitness related in relation to participation in this event. I affirm I have no health issues that preclude participation in this strenuous event and I have the fitness level and skill to safely participate. I acknowledge the risk of injury from the activities involved in this program is significant at all times including but not limited to warm up, the event, and cool down anywhere on the venue, including but not limited to the potentials for exhaustion, heat exhaustion, severe dehydration, heart attack, bike crashes, slip and fall, drowning, scrapes, bruises, broken bones, concussion, permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
4. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and agree if any part of this agreement is deemed void it will have no effect on the remainder of this agreement and,
5. I willingly agree to comply with the stated and customary terms and conditions for participation including wearing an ANSI approved bicycle helmet at any time participant is riding his/her bicycle. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
6. I also understand that in the event this race cannot be held as scheduled due to the act of Nature or circumstances beyond control or I choose not to participate for any reason, my entry fee is non-refundable, and that in addition should I choose not to participate for any reason the race numbers are non-transferable.
7. IN CASE OF INJURY OR INABILITY TO FINISH THE RACE, I HEREBY GRANT THE EVENT ORGANZIERS PERMISSION TO TRANSPORT ME/MY CHILD TO THE NEAREST AID STATION OR MEDICAL FACILITY.
8. Further, I hereby grant full permission to use any photographs, videotapes, motion picture recording, or any other record of this event for any legitimate purpose.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT AND AGREE NOT TO SUE IN THE EVENT OF INJURY OR LOSS.

DATE SIGNED: ____/____/____

SIGNATURE OF ENTRANT & date

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

DATE SIGNED: _____

(Parent/Guardian Signature)
Emergency Phone Number: (_____) _____