

Lincolnia Park Ankle Breaker Triathlon

MAKE CHECKS PAYABLE TO: T3 Racing LLC

Entry form and CHECK (no cash) can be left at the guard's office. One form per registrant. One check per family/multiple registrants acceptable.

LAST NAME _____ FIRST NAME _____ SEX M F

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE (____) _____ BIRTHDATE ____/____/____ AGE ON DEC 31, 2010 _____

EMAIL ADDRESS _____ **Shirt Size:** S M L XL
(PLEASE PRINT CLEARLY - ALL RACE COMMUNICATION WILL BE BY EMAIL)

ENTRY FEES - - No refunds or entry transfers. MUST BE 12 or OLDER. For Under 12 participants, call Matt T. or Lori P. Under 12s must "tri" out.

LPRC members: \$25 first family member; \$15 subsequent family members

LPRC guests: \$30 first family member; \$20 subsequent family members.

Registration deadline is Sunday, Sept 5th. - NO EXCEPTIONS UNLESS CLEARED BY RACE DIRECTOR

LPRC Ankle Breaker Tri Course:

Swim - 6 length "snake" swim at LPRC pool

Bike - Approximately 3.5 miles in Lincolnia Park

Run - Approximately 2 miles in Lincolnia Park

Please email questions on course or event to lpctr@lprc.com. This is an OPEN ROAD race. Cars will be on the race course.

Race Date: Sept. 6, 2010

Race Start Time: 7:40am

ALL ATHLETES MUST SIGN WAIVER. NO WAIVER = NO PARTICIPATION WAIVER

WAIVER AND RELEASE FROM LIABILITY

As a participant in the LPRC ANKLE BREAKER triathlon, I verify that I have read, understand and accept the terms of this waiver and release. I understand the nature of this event and the risks involved in participating in this event. I know that running, biking and swimming are potentially hazardous activities. I understand that I should not participate unless I am medically able and sufficiently trained to do so. I assume all risks associated with my voluntary participation in this event, including traffic, road conditions, falls, contacts with other participants, and the effects of weather, including precipitation. I understand that this is an OPEN ROAD race. Knowing these facts, and in consideration for participating in this event, I, the undersigned participant, do hereby agree for myself, my hers, my executors and assigns or any one else who might claim on my behalf, covenant not to sue and to fully release and discharge LPRC, its affiliates, race sponsors, race officials, race participants, volunteers, and any and all officers, directors, employees, agents and any representatives of the foregoing and any successors and assigns of the foregoing and hold and waive them harmless from and against ANY AND ALL actions, claims, injuries, demands, liabilities, loss, damage or expense, including personal injury or property damage, whether foreseen or unforeseen, arising out of, or in the course of, my participation in this event. The above has been read by all participants and by signing this entry form, I understand and agree with all the terms in this waiver and release.

_____ By checking this, I understand that I have read, understand, and agree with the above waiver and release from Liability.

Signature: _____

Parent/Guardian Signature (required if participant is under 18):
