



EVENT INFORMATION

All proceeds from Triathlon 2016 will benefit United Way of McPherson County

Event Distances: 200-meter swim; 7-mile bike ride; 2-mile run

Registration fees RAIN or SHINE:

\$50 per individual

\$90 per 3-person relay team

SIGN UP EARLY! Registration will be limited to 225 competitors. Registration deadline is Friday, August 12, 5:00 p.m. Same-day registration will NOT be allowed even if pre-registered competitors do not show up.

Race begins at 8:00 a.m.

Check-in 6:30 to 7:45 a.m. at the McPherson Water Park; locker rooms open at 7:30 a.m.

Bike ride and run are on live city streets with protected intersections. Participants will be staged in heats based on 200-meter swim time. **Please be as accurate as possible when reporting times.** Age groups will be determined based on number of registrations.

This event is funded in part by a grant from the McPherson Convention & Visitors Bureau

Corporate sponsorships provided by CHS, Farmers Alliance Mutual Insurance, Hospira/Pfizer, Midway Motors and NuStar Energy

LIVE UNITED



EVENT REGISTRATION FORM

Return form and fee to United Way of McPherson County
P.O. Box 55, 306 N. Main, McPherson, KS 67460

Please complete entire form. Online registration and forms available at www.unitedwaymcpherson.org or additional copies can be made from this form. A registration form must be completed for each member of your team, if applicable.

Participant Name: _____ Birth Date: _____

Gender: _____ Age: _____ E-mail Address: _____

Address: _____

City/State/Zip: _____

Home Phone: _____ Cell Phone: _____

Entering as (check one):

Individual • \$50 T-Shirt Size: YL S M L XL XXL

Relay Team • \$90 Team Name: _____

Team Member #2 (Swim): _____ YL S M L XL XXL

Team Member #2 (Bike): _____ YL S M L XL XXL

Team Member #2 (Run): _____ YL S M L XL XXL

200 Meter Swim Time: _____

Participants will be staged in heats based on 200 meter time; please provide accurate time

PARTICIPANT WAIVER: I hereby certify that I am/my child is in normal health and capable of safe participation in this triathlon event. I assume all risk(s) and hazards incidental to the conduct of this event. I hereby authorize the United Way of McPherson County Triathlon Coordinators to act for me according to their best judgment in any emergency requiring medical attention and I hereby release United Way of McPherson County and the Triathlon Coordinators from any and all liability for any injuries or illnesses incurred while participating in this event. I have no knowledge of any physical impairment that would affect the above named athlete from participating in the event outlined in this brochure. In consideration of this entry being accepted, I hereby waive and release any and all rights and claims to damage that I/my child may have against race officials, staff, volunteers, and representatives for any and all injuries that I/my child may sustain in this event. I acknowledge that I have fully read this form, and fully understand the terms and conditions contained herein. I further understand that my entry fee is not refundable.

Name: _____

Signature: _____

Date: _____

***A signed waiver must be completed for ALL participants.**

LIVE UNITED



**REGISTRATION
INFORMATION**

Options for Registration

- Register online at www.unitedwaymcperson.org
- Mail registration form and fee to United Way of McPherson County, P.O. Box 55, McPherson, KS 67460
- Register in person at United Way of McPherson County, 306 N. Main, in McPherson

Registration fee and waiver must be provided at the time of registration; competitors will not be allowed to compete if these items are not completed.

Event Regulations

- Bikers must wear an approved helmet during the bike portion of the event.
- No headphones will be permitted during the race
- Bikes must have working brakes.
- No drafting will be permitted during the bike portion of the event.

Event Details

- All events will begin and end at the McPherson Water Park, 511 N. Lakeside Drive.
- The 200 meter swim includes a serpentine swim in the McPherson Water Park pool.
- Bikers will follow a 7-mile route on live streets.
- Runners will follow a 2-mile route on live streets.
- Race map available online at <http://www.unitedwaymcperson.org/Triathlon.html>
- Awards will be given to the top three male and female finishers in each division. The first place team will also receive recognition.

Event Enhancements

- FREE bike checks provided by Bikes & More
- FREE massages coordinated by Integrated Health & Wellness Center
- FREE bottled water provided by Culligan
- Sound equipment provided by Hopp's Sound & Electric; event announcements by Carol Swenson



**United Way
of McPherson County**
P.O. Box 55
McPherson, KS 67460



**United Way of
McPherson County**



Saturday, August 20, 2016
McPherson Water Park
511 N. Lakeside Drive

www.unitedwaymcperson.org
GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED™