



The 2018 **Sanford TriForHealth Sprint Triathlon**, 2018 **Sanford TriForHealth Beginner Triathlon** and the 2018 **Sanford Kids TriForHealth** will be held **June 22nd (kids) and 23rd** on the campus of Jackson County Central High School in Jackson, MN. Youth race will be Friday evening; adult's race will be Saturday morning.

Athletes First Name _____ **Athletes Last Name** _____

Gender Male / Female **Date of Birth** ____/____/____ **Age** _____

Address _____ **Swim ability** (Beginner / Novice / Experienced)

City _____ **State** _____ **Zip Code** _____

Email Address _____@_____

Team Members if Relay: Swim _____ Bike _____ Run _____

(Teams available only for adult portion. Kids triathlon is individual event only)

Parent Name & Emergency Phone Number _____

T-Shirt Size

Youth XS Youth S Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL

Age Group / Course (you must compete in the course assigned for your age)

___ 5-7 ___ 8-10 ___ 11-12 ___ 13-14 ___ 14 & up (Adult Beginner)

___ 15 & up (Adult Sprint)

Registration Fees: (**Youth Entry** is \$25 for 1st Entry, \$20 each additional family member. \$30 each after June 20th) (**Adult Entry** is \$50 each with no family discount, \$55 after June 20th)(**Relay Team** is \$75, \$75 after June 20) payable to **Tri For Health Mail to:** Tri For Health, 48 River Street, Jackson, MN 56143

By checking the box and signing below, you agree to the attached waiver

Signature REQUIRED by parent or legal guardian if under 18 years of age

SWIM	BIKE	RUN
Ages 5-7..... 15 meters	Ages 5-7..... 1 mile	Ages 5-7..... ¼ mile
Ages 8-10..... 25 meters	Ages 8-10..... .2 miles	Ages 8-10..... ½ mile
Ages 11-14..... 50 meters	Ages 11-14..... .4 miles	Ages 11-14..... 1 mile
Ages 13 & up (Saturday morning) ... 150 meters	Ages 13 & up (Saturday morning)9 miles	Ages 13 & up (Saturday morning)2 miles
Ages 15 & up (Saturday morning) ... 300 meters	Ages 15 & up (Saturday morning)12 miles	Ages 15 & up (Saturday morning) <u>3.1 miles</u>

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE TRI FOR HEALTH AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

2018 WAIVER AND RELEASE OF LIABILITY,

ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION OF Tri For Health allowing me to the Sanford Tri For Health Triathlon (the "Event"); I, for myself, and on behalf of my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event.
2. I understand and acknowledge the physical and mental rigors associated with triathlon, duathlon, or other multi-sport events, and realize that running, bicycling, swimming and other portions of such Events are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and death; loss or damage to property; exposure to extreme conditions and circumstances; accidents, illness, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined harm or damage which may not be readily foreseeable, and other presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.
3. I agree to be familiar with and abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USAT and the Guide to Prohibited Substances and Prohibited Methods of Doping adopted by the United States Anti-Doping Agency. I also accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: Tri For Health, the Event Organizers and Promoters, Race Directors,

Sponsors, Advertisers, Host Cities, Local Organizing Committees, Venues and Property Owners upon which the Event takes place, Law Enforcement Agencies and other Public Entities providing support for the Event, and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate to my participation in the Event, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim.

I hereby warrant that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

For minors (under age 18):

As the Parent and/or Legal Guardian, I hereby accept and agree to all of the terms and conditions of this Agreement in connection with the minor's participation in the Event(s). If, despite the Agreement, I, or anyone on the minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.