

# APOA Sprint Triathlon Saturday May 5, 2018 (Please note date change to May 5)

## Entry & Registration Form



Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Contact No.: \_\_\_\_\_ DOB: \_\_\_\_\_

Gender: \_\_\_\_\_ Division (Competitive, Sport, Team, Ironkids registration through Dimond Park Pool)

Prizes will be awarded for fastest team, and for men and women in different age categories. Award ceremony will be directly after the event.

Drop off entry at JPD, attention: APOA Sprint Triathlon or register at [https://www.flipcause.com/secure/cause\\_pdetails/Mjk5MzY](https://www.flipcause.com/secure/cause_pdetails/Mjk5MzY)

For more information, contact Sarah Hieb, 907-321-5705 [evelsrh@gmail.com](mailto:evelsrh@gmail.com)

*Entry Fee: A minimum donation of \$50 per participant will be collected for individual competitors and \$25 for team competitors. No fee for Ironkids division with registration at the Dimond Park Aquatic Center.*

### Event Summary

The competitive division is for those athletes who want the feel of racing each other. Competitors will share a swim lane and start first. The sport division will start second and is for those wanting an individual swim lane and are racing to do their best. This division is recommended for those enjoying his or her first triathlon and anyone wanting a low pressure environment. The team division will follow the sport division and can accommodate two or three athletes who divide and conquer the course. This is a good option for those having to adapt to injuries.

For more information, contact Sarah Hieb 907-321-5705 [evelsrh@gmail.com](mailto:evelsrh@gmail.com) after business hours. You will be notified when your entry is received and a position is reserved for you or your team. You may also enter all events except Ironkids at [https://www.flipcause.com/secure/cause\\_pdetails/Mjk5MzY](https://www.flipcause.com/secure/cause_pdetails/Mjk5MzY) .

Ironkids registration is at Dimond Park Aquatic Center. *The traditional short course (50 yard swim, 1 mile bike, half-mile run) is available to kids 1<sup>st</sup> through 5<sup>th</sup> grade. Organizers will be testing a longer kid's course, for those competitors in 4<sup>th</sup> to 8<sup>th</sup> grade who want more of a challenge (200 yard swim, 3.1 mile bike, 1 mile run). Kid's course questions should go to Tracy Morrison at 1-510-913-4751 or [purple4eclipse@yahoo.com](mailto:purple4eclipse@yahoo.com).*

Sprint event consists of three legs. Each participant or team member will be required to complete each leg before the participant or other team member moves to the next leg. Overall race time will be logged as well as finish times for each leg. Event will start at 7:00 a.m. at the Dimond Park Aquatic Center Swimming Pool. The bicycle staging area will be open by 5:00 a.m.. Please be at the pool for check in by 6:00 and final race instructions at 06:30 a.m.. The following are the distances for each leg:

Competitive, Sport, and Team Divisions

Swim: 500 yards (10 laps, 20 pool lengths)

Bike: 12.5 miles

Run: 3.1 miles (5 K)

If Applicable, teammates and assigned legs

1. Swim: \_\_\_\_\_

2. Bike: \_\_\_\_\_

3. Run: \_\_\_\_\_

**Participant Signature** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Official Use Only: Payment Received** \_\_\_\_\_ **Yes** \_\_\_\_\_ **No** **Payment Method:** \_\_\_\_\_

**WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK  
AND INDEMNITY AGREEMENT.**

**Please read carefully.**

I hereby represent that I am in good health and in proper physical condition to participate in the Event; and 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.

I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: Special Olympics Alaska or Special Olympics Juneau Community and it's members and volunteers, Capital City Chapter of the Alaska Peace Officers Association (APOA) and it's members, APOA members from other chapters, APOA state board members, and event volunteers with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense of any kind or nature 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 a 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, 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 of any remaining provisions.

Printed Name of Participant: \_\_\_\_\_ DOB: \_\_\_\_\_

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

***As the parent and/or Legal Guardian to the minor identified above, I hereby accept and agree to all the terms and conditions of the Agreement in connections with the minor's participation in the Event. If, despite this 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.***

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

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