



YOUTH TRIATHLON REGISTRATION FORM

PARTICIPANT INFORMATION:

Child's Name: _____
 Street Address: _____
 City, State, Zip: _____
 Phone: _____
 Gender: M F
 Birthdate: _____ Age on June 23, 2011 _____
 Email Address: _____
 School: _____

Age Group (Please Circle One):

Boys	7/8	9/10	11/12	13/14
Girls	7/8	9/10	11/12	13/14
T-Shirt Size (Please Circle One):	Youth M (12-14)		Adult MED	
	Youth L (14-16)		Adult LRG	

Receipt #: _____ (SFRC)

Cash or Check (Ck # _____)

June 23, 2011 @ 6:00 PM

Entry Fee - \$20.00

Make checks payable to: Mishawaka Summerfest

Mail or drop off at

Mishawaka Parks & Recreation Department

904 N. Main St., Mishawaka, In 46545

Limited to the first 200 entries.

Entry must be received by Thursday June 16, 2011

ALL REGISTRATION FEES ARE NON-REFUNDABLE

PLEASE COMPLETE THE WAIVER AND RELEASE ON THE REVERSE SIDE OF THIS REGISTRATION FORM. WAIVER AND RELEASE MUST BE SIGNED IN ORDER FOR REGISTRATION TO BE VALID.

MISHAWAKA SUMMERFEST
Presents the



JUNE 23, 2011
MERRIFIELD & CRAWFORD
PARKS
1000 E. Mishawaka Ave.
6:00 PM





YOUTH TRIATHLON

REQUIREMENTS

- Bikes must be 2 wheeled, self-propelled and in good working order. No Training Wheels, Scooters or Tricycles.
- A **mandatory bike and helmet inspection is required.** Inspections can be done FREE of charge through either House of Bicycles or Outpost Sports. Inspections must be completed by Wednesday, June 22, 2011. Any bicycles not meeting inspection must be repaired at owner's expense if planning to participate in race. Proof of inspection must be presented at staging area on race day regardless of what agency performed the inspection.
- You must be able to swim 25 yards without the aid of any flotation or lifesaving device.

RACE PREPARATION

Free Triathlon clinics will be held at Merrifield Complex on the following date:

- Saturday, June 18, 2011 @ 9:00 AM

The clinic will cover training tips, transitions, the course, what to expect in a triathlon, and a question and answer session.

PACKET PICK UP/RACE DAY CHECK IN

Race Packet pick-up will be on Wednesday, June 22, 2011, from 5:00 - 8:00 PM and on Race Day, Thursday, June 23, 2011, from 2:00 - 5:00 PM at Merrifield Complex. A **mandatory** pre-race meeting will be held at 5:30 PM on Race Day. In addition, bikes must be staged by 5:00 PM on Race Day.

THE COURSE

The course will be closed to traffic. The swim is a distance of 25 yards. The bike course circles Merrifield Park North then heads west on Mishawaka Avenue to Edgewater Drive. South on Edgewater Drive to Cedar Street where there is a turnaround, and then back up Edgewater to Mishawaka Ave. to Merrifield Park North, a distance of 2 miles. The run course leaves Merrifield Park North, crosses Mishawaka Ave. circles Crawford Park and back. The run finishes in the Merrifield Complex parking lot. A distance of 0.6 miles.

THE RACE

Participants will start in waves of 12 every 2 minutes with the swim portion of the competition. The clock runs continuously throughout the race, including the time to change between



YOUTH TRIATHLON

events. Only participants and race officials will be allowed on the pool deck or in the transition areas.

POST RACE ACTIVITIES

At the end of the race each child will receive an award for participating. Immediately after the race results are determined (approx. 30 minutes after the last competitor crosses the finish line) an awards ceremony will be held to recognize the top 3 finishers in each age category.

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Mishawaka Parks & Recreation

904 N. Main St.

Mishawaka, IN 46545

Phone: 574-258-1664

Fax: 574-2528-1736

E-mail: parks@mishawakacity.com



YOUTH TRIATHLON

WAIVER & RELEASE OF ALL CLAIMS FOR MINOR PARTICIPANTS

Please read this form carefully and be aware that in registering your child and his/her participation in this program you will be waiving and releasing all claims for injuries said child might sustain arising out of this program.

THIS IS A RELEASE

As the parent/guardian of a participant in this program, I recognize and acknowledge that there are certain risks of physical injury as a result of my child's participation in this activity. By my signature below, I hereby consent to my child's participation in any and all activities associated with this program, and hereby acknowledge and agree as follows:

- To assume the full risk of any injuries, including death, damages, or loss which the participant may sustain;
- To waive and relinquish all claims that I or the participant may have against the City of Mishawaka, the Mishawaka Parks & Recreation Department, or any related or associated entities or employees as a result of my child participating in this program;
- To indemnify and hold harmless and defend the City of Mishawaka, the Mishawaka Parks & Recreation Department or any related or associated entities or employees from any and all claims as a result of my child's participation in this program; and, furthermore,
- I do hereby fully release and discharge the City of Mishawaka, the Mishawaka Parks & Recreation Department or any related or associated entities or employees from any and all claims from injuries, including death, damage, or loss sustained as a result of my child's participation in this program.

I have read and fully understand the above and that **"THIS IS A RELEASE"**.

DATE

PARENT/GUARDIAN