

WAIVER AND RELEASE

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program(s), you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program(s) (including transportation services and vehicle operations, when provided).

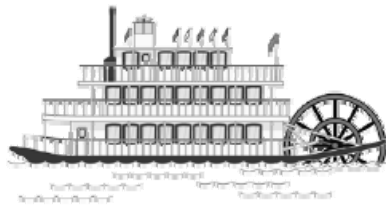
I recognize and acknowledge that there are certain risks of physical injury to participants in this program(s), and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program(s) against the Oregon Park District, including its officials, agents, volunteers and employees.

I have read and fully understand the above waiver and release of all claims and assumption of risk.

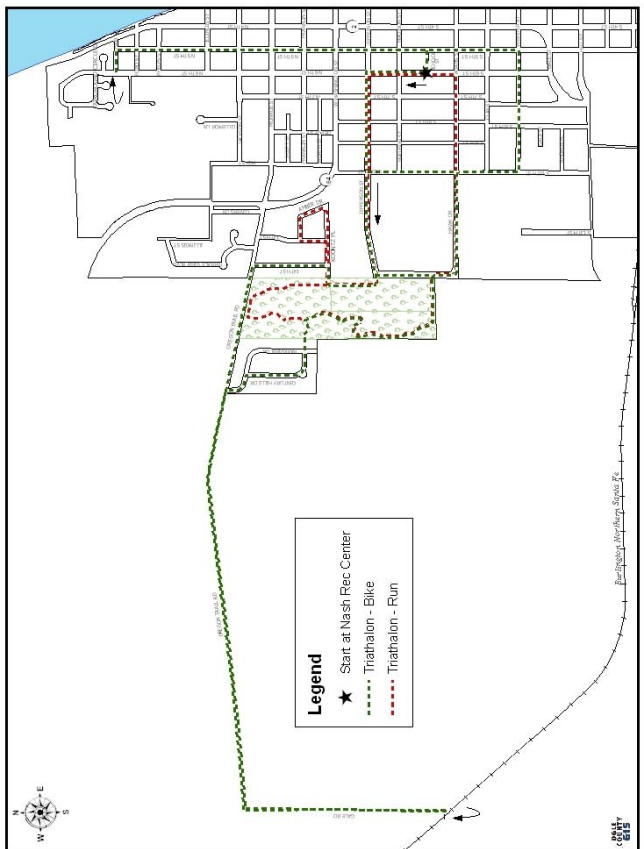
PARTICIPATION WILL BE DENIED

If the signature of adult participant or parent/guardian and date are not on the waiver.

X _____
Participant's Signature Today's date
(18 Years or older or Parent/Guardian)



Lodging available at
Paddle Wheel Inn
www.paddlewheelinn.com
1-815-732-4540



A detailed course map and directions can be found at www.oregonpark.org

Oregon Park District Sprint Triathlon



07.31.10

300 Meter Swim 10 Mile Bike 5K Run

For Ages 14 & Over

Triathlon starts promptly at 7:30 am

Nash Recreation Center
304 South Fifth Street, Oregon, IL
(815) 732-3101
www.oregonpark.org

Oregon Park District Triathlon 2010

EVENT DESCRIPTION: Swim segment will be held at the Nash Recreation Center Indoor Pool. Bike and run courses will loop through the community and surrounding area.

REGISTRATION FEE: \$35 per person. Entry forms may be dropped off or mailed to Nash Recreation Center, or participants may register online at www.ItsRaceTime.com.

REGISTRATION DEADLINE: Registration Deadline Thursday, July 22nd, 2010 at 9:00 pm or first 175 people. All registration must be completed at the Nash Recreation Center or online at www.ItsRaceTime.com. **NO EXCEPTIONS.**

ENTRY FEE INCLUDES: Dri-fit Shirt, awards for top finishers, shower facilities, and post-race refreshments.

AWARDS: Overall male and female finishers receive awards. Awards to top three male and female participants in each age category: 14-19, 20-29, 30-39, 40-49, 50-59, 60+. Awards will be presented 10 minutes after the final participant finishes.

RESULTS: Complete results will be posted at www.ItsRaceTime.com

PRE-RACE DAY PACKET PICK UP: Participants may pick up their race day packet on Thursday, July 29th from Noon – 9:00 pm or Friday, July 30th from 9am - 9 pm at Nash Recreation Center.

RACE DAY CHECK IN: Check in will begin at 6:00 am. All participants must check in no later than 7:00 am. The transition area will be closed at 7:15 am and announcements will be made before the race begins promptly at 7:30 am. Participants will line up in number order.

Rules and Regulations:

1. All participants are required to cooperate with race marshals.
2. The triathlon begins with the swim promptly at 7:30 am.
3. This race has a time trial start. Swimmers start one at a time, approximately 15 seconds apart.
4. Racers will line up and then start race in number order. No exceptions. Race numbers are assigned based on predicted swim time, so it is critical that swim times be accurately reported.
5. No swimming aids, such as: fins, flotation aids, gloves, or snorkels are allowed.
6. Helmets are **mandatory** and all competitors **must** have their helmet on and chin strap buckled when on their bike.
7. Ride on the right and pass on the left when necessary. Shout "Left" when passing.
8. Water will be provided on the running course and at the transition area. Please bring a water bottle for the bike ride.
9. No headphones or iPods.
10. All roads will be open to traffic throughout the race.

For additional information,
contact Jena Grover at
(815) 732-3101,
jena@oregonpark.org or
visit www.oregonpark.org.

Entry Form

One form per participant. Please print clearly and fill out completely.

No race day registration accepted.

Name: _____

Address: _____

City, State, Zip: _____

Phone number: _____

Email: _____

Sex: M F (Circle One)

Age on day of race: _____

Birth date: _____

300 Meter Swim Time _____

*if unsure of time call 815-732-3101 and speak with Jena Grover.

Shirt size: S M L XL
(Unisex Dri-fit Shirt)

Please make checks payable to Oregon Park District. Drop off or mail registration to Nash Recreation Center, 304 South 5th Street, Oregon, IL 61061.

___ Cash ___ Check

___ Visa ___ Mastercard

Card Number _____

Expiration Date _____

PLEASE SIGN WAIVER ON BACK

