

# 20#<sup>1</sup> youth triathlon

CHARLOTTESVILLE  
SWIM • BIKE • RUN



WHEN:	DISTANCES:	ENTRY FEE:
Saturday, August 14, 2010 Check-in 7:00 am <b>Race start: 8:00 am</b> <b>Packet Pick-Up:</b> All participants are strongly encouraged to pick up their race packets on Friday, August 13 at the Forest Lakes South Club House from 5:00 - 6:00 pm and attend an important pre-race information and safety meeting at 6:00 pm.	<b>Ages 7-10</b> will compete in the following distances: <ul style="list-style-type: none"> <li>Swim: 100 meters (4 lengths)</li> <li>Bike: 2 miles</li> <li>Run: 1/2 mile</li> </ul>	<b>\$35 through August 6</b> NOTE: Fees above include a \$5 fee for one-day USAT membership. If participant is already a USAT member, this \$5 fee is not required and the participant's USAT# and expiration date must be provided on the application below.  <b>IMPORTANT: Mail-in registrations must be postmarked by Friday, August 6.</b>
<b>Register early - Race limited to 1st 130 applicants - NO EXCEPTIONS!</b> <b>This event filled in July last year so please be sure to enter ASAP if you want to participate.</b> <b>NO RACE DAY REGISTRATION!</b>	<b>Ages 11-16</b> will compete in the following distances: <ul style="list-style-type: none"> <li>Swim: 200 meters (8 lengths)</li> <li>Bike: 4 miles</li> <li>Run: 1 mile</li> </ul>	
<b>AGE GROUPS:</b> <b>Female / Male:</b> 7-8, 9-10, 11-12, 13-14, & 15-16 Age on race day determines age group		Make checks payable to: <b>Charlottesville Tri Club</b> Mail completed application below with payment to: Charlottesville Youth Triathlon 1834 Natali Lane Charlottesville, VA. 22911
<b>WHERE:</b> Forest Lakes South Swim Club 1650 Ashwood Boulevard Charlottesville, Virginia	<b>AWARDS:</b> <ul style="list-style-type: none"> <li>All finishers will receive an award.</li> <li>Lots of cool door prizes!</li> </ul>	<b>Completed applications may also be hand delivered to Ragged Mountain Running Shop through Friday, August 6. No applications will be accepted after this date.</b>

CUT ALONG LINE BELOW. COMPLETE BOTH SIDES OF FORM AND MAIL WITH PAYMENT. RETAIN TOP PORTION

<b>Name (Last) :</b>	<b>(First):</b>	<b>(M.I.):</b>
<b>Address:</b>		
<b>City:</b>	<b>State:</b>	<b>Zip:</b>
<b>Phone:</b>		
<b>Age (on race day):</b>	<b>Sex (circle):</b>	<b>Male    Female</b>
<b>Email address:</b>	<b>Estimated 100 meter swim time:</b>	
<b>Emergency contact / relationship:</b>	<b>Phone:</b>	
<b>T-shirt size (circle):</b>	<b>Youth Med (10-12)</b>	<b>Youth Large (14-16)</b> <b>Adult Small</b> <b>Adult Med</b> <b>Adult Large</b>
<b>Would one parent be willing to volunteer on or before race day if needed? (Y/N)</b>		<b>If yes, how to contact you?</b>
Application Fee: (\$35 through 8/6/10):    \$ _____  USAT member? If yes, subtract \$5 and complete: USAT # _____ Expiration Date: _____    \$ _____  <b>Total Fee Enclosed: \$</b> _____	Make checks payable to: Charlottesville Tri Club Mail completed application & payment to:  <b>Charlottesville Youth Triathlon</b> 1834 Natali Lane Charlottesville, VA. 22911	

**\*\*\* Important: Please read & sign waiver on the back of this form \*\*\***

# 2010 CHARLOTTESVILLE youth triathlon

SWIM • BIKE • RUN



DIRECTIONS	THE COURSE:	RACE OBJECTIVE / PROCEEDS
<p><b>From Charlottesville:</b> Take 29 North to Ashwood Boulevard and the entrance to Forest Lakes South. (Traveling north on Route 29, Ashwood Boulevard will be the second traffic light after the entrance to Wal-Mart and Sam's Club.) There will be a large green sign at this intersection which reads: <b>FOREST LAKES South Entrance.</b> Turn right on Ashwood Boulevard After turning, proceed .7 miles. The Forest Lakes South Swim &amp; Tennis Club will be on your left.</p>	<ul style="list-style-type: none"> <li>• The swim will be in the the Forest Lakes South Pool. Swimming will be done in heats by age group.</li> <li>• The bike course will be in the neighborhood near the pool.</li> <li>• The run will be on a jogging path near the pool.</li> </ul>	<p>It is the mission of the race committee to provide a safe, healthy environment for this event. The primary objective for this race is for it to be an introduction to the sport of triathlon with an emphasis on enjoyment of exercise, good sportsmanship and personal fitness.</p> <p>In keeping with this objective all proceeds from this event will benefit the treatment and prevention of childhood obesity.</p>
<p><b>MORE INFORMATION:</b></p> <p>Tim Hegemier (434) 996-4187 Email: timh@fsr1.com</p>	<p><b>THE RULES:</b></p> <ul style="list-style-type: none"> <li>• NO drafting is allowed on the bike.</li> <li>• NO interfering with other competitors.</li> <li>• NO running is permitted in the transition areas.</li> <li>• Helmets <b>MUST</b> be worn at all times on the bike and must be CPSC approved.</li> <li>• Participant must have parent/ guardian on site during the event.</li> </ul>	<p><b>INCLEMENT WEATHER POLICY:</b></p> <p>The race director reserves the right to postpone, alter or cancel portions or all of the race as deemed necessary for safety at the race director's sole discretion.</p> <p><b>** NO REFUNDS **</b></p>

**WAIVER AND RELEASE:** The parent/guardian makes these representations on behalf of the Minor Participant.

I know that participating in swimming-biking-running triathlon events are potentially risky and hazardous activities. I represent that participant is medically able, properly trained, and in proper physical condition to participate in this event. I assume all risks associated with this event including but not limited to, falls, contact with other participants, weather, high heat, humidity, the conditions of the road, pool, trail, facilities, and traffic on the course. I agree to abide by the decisions of the race officials on all event matters including participation. I will supervise Minor at all times and I am responsible for Minor's safety and health.

In consideration of your accepting this application, I, for myself, Minor, and anyone entitled to act on my/Minor's behalf, waive, covenant not to sue, and release the Releasees, listed below, from all claims or liabilities of any kind arising out of my/Minor's participation in this event. I do so even though that claim or liability may arise out of negligence or carelessness on the part of the Releasees. I indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage or cost that may occur as the result of such claim.

**The Releasees:** All sponsors, organizers, race directors, race committee and volunteers of the Charlottesville Tri Club, Forest Lakes Community Association, Spring Ridge Community Association, and each of their agents, servants, officers and employees.

**I HAVE READ AND UNDERSTOOD THIS WAIVER AND RELEASE**

Parent/Guardian (Print) \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Participant/Minor (Print) \_\_\_\_\_