



FIRST ANNUAL JR. TRIATHLON

AUGUST 25, 2012



AN EQUAL PARTNERSHIP WITH: SOROPTIMIST INTERNATIONAL OF PORT TOWNSEND/EAST JEFFERSON COUNTY, JEFFERSON COUNTY PARKS AND RECREATION, AND CITY OF PORT TOWNSEND PARKS AND RECREATION



Swim Mountain View
Bike to Blue Heron
Run Blue Heron Track
Event starts at 10:00 am

All proceeds benefit Soroptimist International of Port Townsend/East Jefferson County scholarships and awards programs

Recreational Division (check box):

- Ages 7-8: 40 yd swim (2 laps), 1 1/2 mi bike, 1/2 mi run
- Ages 9-11: 80 yd swim (4 laps), 2 mi bike, 1/2 mi run
- Ages 12-14: 120 yd swim (6 laps), 3 mi bike, 1 mi run

Iron-Kid Division (for an extra challenge) (check box):

- Ages 7-10: 200 yd swim (10 laps), 3.1 mi bike, 1/2 mi run
- Ages 11-14: 400 yd swim (20 laps), 7.45 mi bike, 1 mi run

REGISTER BY: Aug 11, 2012 for a free t-shirt

Day of Race Registration starts at 9:00 am



Questions?
Contact Kaylie Webber
kwebber@countyrec.com
360.385.2221

Event Fee

Sliding scale fee. Select your fee according to your ability to pay: \$10 \$15 \$20

- Optional donation to the Soroptimist Scholarship fund:
- I would like to sponsor an additional child: \$10 \$15 \$20
- I would like to volunteer please contact me: _____

Checks payable to SIPT and mail to Jr. Triathlon, SIPT, PO Box 624 Port Townsend, WA 98368

Participants Name: _____

Birth date: _____ Age: _____ Male: _____ Female: _____ School: _____

Name of Parent or Legal Guardian: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Parent Email: _____

T-shirt Size (circle one) : YS YM YL YXL AS AM AL No Shirt

Creed of the Jr. Triathlon: "All children are welcomed at the Jr. Triathlon. This is a race against the clock, and a chance to achieve a personal best in an exciting and supportive environment. We pledge to support and honor every participant in the race. This event is as much a celebration of fitness and of children, as a competition. Victory is the courage to enter the race."



~Sponsors~

Jefferson Healthcare, Akamai Art & Glass Supply, Dentistry Northwest, Wandering Angus Celtic Traders, Valley Tavern, Carol Wise, Ruth Gordon, Judi Morris, Ferino's Pizza, Deborah Stinson, Lisa's Jewelry, Quimper Inn, Peninsula Daily News, SOS Printing, Port Townsend Women's Clinic, Westbay Auto Parts, Kosec Funeral Home, Gooding O'Hara & Mackey, John L. Scott RE, Seven Cedars Casino, PT Marathon Association

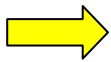


How the Jr. Triathlon works. The clock runs from the moment the racer starts until the moment they cross the finish line at Blue Heron. Racers will start in 'waves' at the swimming pool. The Iron-Kid division will start after the recreational swimmers are done. Racers will leave their bikes in the field at the Mountain View Commons. After swimming, the racers will walk quickly but safely to their bikes to transition to the bike phase. They will then ride their bikes to Blue Heron School. When they get to Blue Heron School, the racers will park their bikes in a designated area and start running or walking the track. The race ends when they complete the required number of laps for their age and event.

ALL RACERS MUST WEAR A HELMET AND SHOES DURING THE BIKING EVENT. RACERS ARE NOT ALLOWED TO BIKE OR RUN IN SANDALS OR BAREFOOT. RACERS ARE REQUIRED TO BIKE SAFELY AND TO FOLLOW THE INSTRUCTIONS OF THE RACE OFFICIALS.

Assumption of Risk, Release of Liability and Consent

1. All participants are advised that the Jr. Triathlon (co – sponsored by the Soroptimist International Port Townsend/East Jefferson County, Jefferson County Parks and Recreation, and the City of Port Townsend) will involve strenuous physical activity, and will present a risk of injury higher than that which people normally face in their everyday lives. This risk of injury cannot be wholly relieved by any preventive measures, whether restrictive rules, training, equipment or personal discipline. The decision whether to engage in any particular activity that forms part of the overall program shall be entirely the participant's. Participation in the program in no way obligates anyone to engage in any activity they do not feel they can accomplish.
2. On behalf of my minor child, I expressly acknowledge my full understanding of the risks of injury, including serious injury, disability or death that may arise from participation in the Jr. Triathlon Program. I acknowledge that I have had full opportunity to discuss the nature and extent of these risks with officials of the Jr. Triathlon Program before the event in order to inform myself fully on this subject. Based on that full understanding, I freely and knowingly assume all such risks, whether specifically known or unknown. I accordingly assume full and sole responsibility for my (or my minor child's) participation in the Jr. Triathlon Program. I understand that I must report any existing medical, physical or mental condition which may affect the ability of my minor child to participate in the Jr. Triathlon Program, to a Jr. Triathlon official before the program commences.
3. On behalf of myself and on behalf of my minor child (to the extent allowed by law), I hereby release and forever discharge Soroptimist International Port Townsend/East Jefferson County, Jefferson County Parks and Recreation, and the City of Port Townsend Parks and Recreation, and all of the employees, officers, volunteers or agents of those entities, including as well any third party sponsors, but not limited to damage to property, personal injury, disability or death, resulting from my minor child's involvement in any aspect of the Jr. Triathlon Program. This release applies whether the alleged injuries or damages arise from the negligence of any of the parties released in the previous sentence or not, to the fullest extent allowed by law.
4. To the fullest extent allowed by law, I, for myself and/or my minor child, and for any of our respective heirs, assigns, personal representatives and next of kin, hereby agree to indemnify and hold harmless all the parties released in Article 3 hereof from and against any and all liabilities arising from my participation in the Jr. Triathlon Program. This undertaking to provide indemnity shall apply to the fullest extent allowed by law, even if the liability asserted against any of the indemnified parties arises wholly or partially from that party's negligence.



Signature of Parent or Guardian

Date

PHOTOGRAPH – VIDEO CONSENT

I hereby grant permission for myself (or my child) to be photographed or videotaped, without compensation, understanding that the same is intended for publication by print media, INTERNET, newspaper, television, video or motion picture. I additionally consent to the use of my name in connection with the publication of photographs/video taken of me.



Signature of Parent or Guardian

Date