

# Triathlon Event Waiver & Release

## IMPORTANT INFORMATION

The Lemont Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in running/walking events.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for road race participation. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. You are also solely responsible for selecting and wearing personal protective equipment.

Participants should also familiarize themselves with traffic patterns, check points, and all first aid and water stations. Most important, remember that this is a voluntary recreational activity. Never compromise your safety in the name of competition.

## WARNING OF RISK

Running and power walking are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including death. Understandably, not all hazards and dangers can be foreseen. The very nature of racing is hazardous and risky, including but not limited to overexertion, dehydration, slip and falls, collisions with other participants, lack of good physical conditioning, poor training technique, and all other circumstances inherent in running/walking events. In this regard, it must be recognized that it is impossible for the Park District to guarantee absolute safety.

## 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 event, 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 event.

I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this activity. 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 activity against the Lemont Park District and Village of Lemont, including their respective officials, agents, volunteers and employees (hereinafter collectively referred as "Parties").

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this event. I further agree that this agreement shall be governed by the State of Illinois.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Print Participant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Signature: \_\_\_\_\_

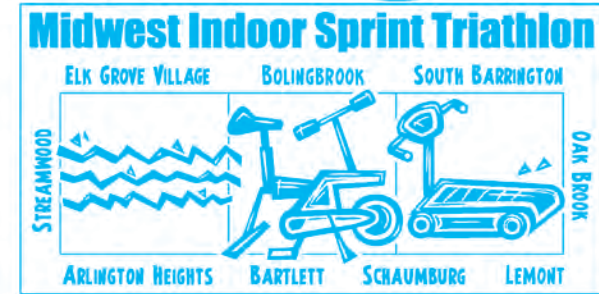
Parent/Guardian's Signature if under 18: \_\_\_\_\_

# The Lemont Park District's 2<sup>nd</sup> Annual...

# CORE Indoor

# Triathlon

# MIST



Swim for 10 minutes, Bike for 15 minutes,  
Run for 15 minutes...all indoors at The CORE!

# Sunday, Feb. 5, 2012



**Triathlon starts at 7 am**  
Awards will be given to top three  
in each age group/gender.

**Location:** The Lemont Park District **CORE** Fitness & Aquatics Complex, 16050 127th Street, Lemont. Phone number 630-257-6787.

**Parking:** Parking will be available at The CORE parking lots as well as the Centennial Building parking lot.

**Registration:** You can register online at [www.LemontParkDistrict.org](http://www.LemontParkDistrict.org) or by filling out this form and returning it to Centennial Community Center (16028 127th Street) or The CORE (16050 127th Street). Registration deadline is Friday, January 27, 2012 to receive t-shirt.

**NOTE: Must be 14 years or older to participate in CORE Indoor Triathlon.**

**Entry Fee:** \$45 per person  
Resident Rate: \$30 per person

**CORE and CORE FIT Members:** Receive a \$5 discount on pricing.

**Distance:** Swim for 10 minutes, bike for 15 minutes, run for 15 minutes.

**What to Bring:** Swimsuit, appropriate attire, including athletic shoes for bike and run, and a water bottle.

**Results:** Scores are measured by the recorded distance traveled for each portion of the race.

### Dates & Times:

**Triathlon Date** - Sunday, February 5, 2012.

**Check-In** - 6:00 a.m. - 6:45 a.m.

**Triathlon begins at 7:00 a.m.** Participants will be assigned a heat start time. Ten athletes will compete per heat. Participants must start at the times indicated. NO EXCEPTIONS!

**After the Race:** Awards Ceremony will immediately follow the race. Plus, there will be post-race refreshments.

### T-Shirts and Awards:

**Tee-shirts:** All participants who register before January 27, 2012, will receive a CORE Indoor Triathlon t-shirt. Those registering after January 27th and/or the day of the event are not guaranteed a shirt.

**Awards:** Overall Male and Female winner from each event will win a plaque. 1<sup>st</sup> - 3<sup>rd</sup> Place winners will receive medals for each age group/gender.

The Lemont Park District CORE Fitness & Aquatic Center is part of the **Midwest Indoor Sprint Triathlon Series** with eight park districts including Arlington Heights, Bartlett, Bolingbrook, Elk Grove, Oak Brook, Schaumburg and South Barrington. Visit [www.eteamz.com/mist](http://www.eteamz.com/mist) to learn more about the MIST Series.

# The Lemont Park District's 2<sup>nd</sup> Annual... CORE Indoor



## Triathlon

### Registration Form:

\_\_\_\_\_  
**Last Name**

\_\_\_\_\_  
**First Name**

\_\_\_\_\_  
**Address**

\_\_\_\_\_  
**City**

\_\_\_\_\_  
**State**

\_\_\_\_\_  
**Zip Code**

\_\_\_\_\_  
**Phone No. with Area Code**

\_\_\_\_\_  
**Email Address**

\_\_\_\_\_  
**Date of Birth**

\_\_\_\_\_  
**Age as of 2-5-12**

**Sex:** M or F    **Tee-shirt Size:** XXL XL L M S

**Race:** **CORE Indoor Triathlon** (#341301-A1)

**Age Category:** (Please Circle)

14 - 19

20 - 29

30-39

40-49

50-59

60 & over

**Waiver on the reverse side MUST be signed in order to participate!**