

## Liability Waiver

All participants must read and sign. Please read carefully before signing acknowledgement, waiver and release from liability.

I acknowledge that a triathlon is a major test of a person's physical and mental limits and carries the potential of death, serious injury or property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATION IN the YMCA of the PRAIRIE TRIATHLON. I certify that I am physically fit, have sufficiently trained for this event and have not been advised otherwise by a qualified medical person. My signature acknowledges that I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns: (a) I agree to abide by the rules of the competition (b) I waive, release, and discharge from any and all claims or liabilities for death, personal injury, property damages of any kind that may arise out of or related to my participation in or my traveling to and from this event, the following persons or entities: YMCA of the Prairie and its employees, event sponsors, race directors, event producers, volunteers, all states, cities, counties or localities in which the event segments are held, and the officers, directors, employees, representatives, agents, and family members of any of the above for any of the claims or liabilities that I have waived, released or discharged herein; and (d) I indemnify and hold harmless the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions during the event. My signature also grants permission for my likeness to appear in promotional material. I HEREBY AFFIRM THAT I AM NINETEEN (19) YEARS OF AGE or OLDER, I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENTS.

NO RAIN DATE - RAIN OR SHINE.

NO REFUNDS.

BIKE HELMETS REQUIRED.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature (for people under 19, a parent or guardian must sign).



YMCA

We build strong kids,  
strong families, strong communities.

YMCA of  
the Prairie

YMCA  
Triathlon



Date: 09/20/2008

Time: 9:00 a.m.

YMCA of the Prairie  
1415 Broadway  
Holdrege, NE

## Get Moving!

The YMCA of the Prairie Triathlon encourages people of all fitness levels to get up and move. The Sprint Triathlon is for those who want a challenge. The YMCA is offering a Relay Division in the Sprint Triathlon to allow teams of three to compete with each person performing a different leg of the race. The Mini Triathlon is a little less strenuous but still provides a challenge.

Swimming events will take place at the YMCA swimming pool with swimmers starting at various times.

The run and bike will take place in Holdrege starting from the YMCA.

### **Sprint Triathlon**

Swim - 500 meters

Bike - 9.5 miles

Run/Walk - 5K

### **Mini Triathlon**

Swim - 250 meters

Bike - 4 miles

Run/Walk - 2 miles

Entry Fee: \$25 per person

\$60 per relay team

**REGISTRATION DEADLINE:**

**FRIDAY, SEPT. 12**

## Race Day Schedule

**8:15 a.m.** - Mandatory pre-race meeting in the YMCA gymnasium

**8:45 a.m.** - Optional warm-up in the swimming pool

**9:00 a.m.** - First swimmers start

**After the race** - Awards Ceremony at the YMCA. Medals will be awarded for 1st, 2nd and 3rd places in the men's division and the women's division. First place medals will be awarded to all team members in the relay division. All participants will receive a T-shirt.

Race packets will be available on Wednesday, Sept. 17. All packets must be picked up by 7:30 a.m. on the race day.

## YMCA of the Prairie

1415 Broadway, PO Box 618

Holdrege, NE 68949

Phone: 308-995-4050

E-mail: [www.ymcaoftheprairie.org](http://www.ymcaoftheprairie.org)

**JOIN US SEPT. 20-28 for**

**America On The Move Week!**



## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_

Phone # \_\_\_\_\_ Cell # \_\_\_\_\_

E-mail \_\_\_\_\_

Birth date (MM/DD/YY) \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

**SHIRT SIZE** YS \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_

AS \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_ AXL \_\_\_\_\_ XXL \_\_\_\_\_

Emergency Contact # \_\_\_\_\_

**RACE** Which race are you registering for?

\_\_\_\_\_ Sprint \_\_\_\_\_ Mini \_\_\_\_\_ Relay

Laps will be in the YMCA pool with slower swimmers going first. Please list your estimated swim time so we can start accordingly:

250 meter \_\_\_\_\_ or 500 meter \_\_\_\_\_

For Relay Teams, each participant must fill out an entry form. Forms must be submitted all at the same time. Please list all relay team members below and their event:

1. \_\_\_\_\_  
Swimmer

2. \_\_\_\_\_

Biker  
3. \_\_\_\_\_

Runner  
\_\_\_\_\_

TEAM NAME \_\_\_\_\_

Please include race fee with registration. Please make checks payable to the YMCA of the Prairie.