

Relay Team Registration

You can also register online at www.active.com!!



INSTRUCTIONS

Each team member must complete their part of the form! **The team will not be officially registered, and may lose their place, until all team members have registered.** Make checks payable to SWPRD and mail to: South Whidbey Parks & Recreation, PO Box 136, Langley, WA 98260. To register w/ credit card, sign up online at www.active.com. All correspondence by email unless you request otherwise. No refunds after 7/15/12.

FEES \$ ____ **TEAM** (\$110 through 6/1; \$130 through 7/15; \$150 after)
 \$ ____ **CAMPING** (available Fri & Sat night: \$10/night tent; \$15/night power & water)
 \$ ____ **TOTAL ENCLOSED** (Registration fees include 8.7% sales tax)

TEAM INFO

Your Division (circle one): Women Men Mixed Combined Age of Team ____

Team Name ____ Team "Captain" ____

Address ____

Phone ____ Email ____

SWIMMER Name ____ Email ____

DOB ____/____/____ Age on Race Day ____ Circle: Male Female Shirt Size (Adult S-2XL) ____

Emergency Contact ____ Emergency Phone ____

Health or medical concerns ____

I have read, understand and agree to the triathlon's release of liability form and waiver:

 Print Name Signature of Participant or Parent/Guardian Date

BIKER Name ____ Email ____

DOB ____/____/____ Age on Race Day ____ Circle: Male Female Shirt Size (Adult S-2XL) ____

Emergency Contact ____ Emergency Phone ____

Health or medical concerns ____

I have read, understand and agree to the triathlon's release of liability form and waiver:

 Print Name Signature of Participant or Parent/Guardian Date

RUNNER Name ____ Email ____

DOB ____/____/____ Age on Race Day ____ Circle: Male Female Shirt Size (Adult S-2XL) ____

Emergency Contact ____ Emergency Phone ____

Health or medical concerns ____

I have read, understand and agree to the triathlon's release of liability form and waiver:

 Print Name Signature of Participant or Parent/Guardian Date

Office Use Only	Method	Recd. By	Date	Amount	Receipt #
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RELEASE OF LIABILITY

All participants regardless of age must sign this release. All underage participants must be accompanied by parent/guardian signatures. This release does not apply to gross negligence or intentional acts.

I am aware that a triathlon is a hazardous sport that includes certain risks and dangers, including the risk of serious injury or death to me. I voluntarily accept full responsibility for all risks involved, including but not limited to, drowning, being hit by an automobile, heart failure, broken bones, sprains, heat stroke, exhaustion and more.

I accept my responsibility to swim, bicycle and run safely at all times, to abide by all the traffic codes, and to obey all posted traffic notices and any other rules and policies. Any equipment I use while competing, I use at my own risk.

I agree to RELEASE, HOLD HARMLESS, AND INDEMNIFY BuDu Racing, Island County, the City of Langley, and South Whidbey Parks and Recreation District and any of its employees, agents, volunteers, contractors, subsidiaries, sponsors, officers or owners from all claims for any injury or damage resulting from any cause, including negligence, which arises out of participation in or travel to and from start and finish areas. This release is also binding as to any other persons, including all family members, heirs, and executors.

If I am signing on behalf of a minor, I recognize that I may not release any claims the minor may have. However, I accept full responsibility for all medical expenses incurred as a result of the minor's participation in or travel to and from participation areas. I also agree to RELEASE, HOLD HARMLESS AND INDEMNIFY BuDu Racing, Island County, the City of Langley, and South Whidbey Parks and Recreation District and any of its employees, agents, volunteers, contractors, subsidiaries, sponsors, officers or owners from all claims for any injury or damage resulting from any cause, including negligence, which arises out of participation in or travel to and from start and finish areas for any claims brought by or on behalf of the minor.

Photo Release: I authorize South Whidbey Parks & Recreation District (SWPRD) to use my photograph/image for promotional efforts of SWPRD. Photographs/images may be used, in publications such as newsletters and brochures, and electronic or other media such as the Parks & Recreation website. I acknowledge that all photographs/images become the property of SWPRD, and understand that this permission is granted without any expectation of compensation.

GENERAL INFO

LOCATION

Check-in is at Community Park 5495 Maxwellton Rd, Langley. Swim is at Goss Lake. Bike ride is through Langley. Run is at Community Park trails and county roads. Finish is at Community Park.

DIRECTIONS & PARKING

A letter detailing driving directions & parking, along with race day information, will be available July 2. Parking is NOT permitted at the lake.

CAMPING

We are offering camping on Friday & Saturday at the Island County Fairgrounds at 819 Camano Ave. Langley, 1.75 miles from Community Park and .5 mile from downtown Langley. You may choose power & water (\$15/night), or tent (\$10/night). Bring your own BBQ or fire pit if desired.

OTHER LODGING

Space fills up quickly during summers on Whidbey. If you are planning an overnight stay on the Island, lodging and tourism information is available at:

whidbeygetaways.com

visitwhidbey.com

whidbeyislandbandb.com

visittlangley.com or freeland-wa.org

INDIVIDUAL DIVISIONS

* Women * Men * Orca * Age Group Categories:
16-19 20-24 25-29 30-34 35-39 40-44
45-49 50-54 55-59 60-64 65+

Orca is an optional division for men over 200 pounds and women over 150 pounds.

RELAY TEAM DIVISIONS

* Women * Men * Mixed * Combined Ages:
Under 99; Over 99; Over 149; Over 200

AWARDS

- Trophies for overall male/female winners.
- Medals 3-deep in individual divisions, first place medals for teams.
- All participants are entered to win door prizes: gift certificates, local wines (21+ only) & more! Must be present at awards ceremony to win.

THE COURSE

RULES & REGULATIONS

- Detailed race information, including expanded rules & regulations, will be available on the website and will be e-mailed to all registered participants.
- Check-in & race packet pick-up is at Community Park only: Friday, August 3rd, 2 -6 pm or Saturday morning (Race Day) - 7:00 - 9:15 am
- There is a mandatory general meeting at Goss Lake - 9:30 am on Saturday.
- All correspondence will be by email.
- Wave starts to be finalized race day morning.
- Race starts at 10am at Goss Lake.

SWIM - 1/2 mile

The swim is held in a lovely South Whidbey lake, with water temperature in the low 70's in early August. Swimmers will start from the water in waves. Participants will swim a triangular, clockwise course. Wetsuits are allowed.

BIKE - 19.5 miles

The bike course is lined with trees and views of Saratoga Passage and the North Cascades. Riders will loop through Langley to head back toward Goss Lake for the second leg of the bike course. The route has been described as a "hilly course". The bike/run transition is at Community Park. This is an open course and riders will encounter 2-way traffic.

RUN - 3.8 miles

Runners begin with a 1 mile trail run before hitting pavement, where they head north on Langley Road, then south on Maxwellton Road to the park entrance. The finish line is in the park. Water stations available.

VOLUNTEERS

Volunteers are welcome and very much needed to keep this a fun and safe event! Email Carrie at programs@whidbey.com or call (360) 221-6788 if interested.

WHIDBEY ISLAND TRIATHLON *Relay Team*



SATURDAY, AUGUST 4, 2012

PSE **PUGET SOUND ENERGY**
The Energy To Do Great Things



South Whidbey Parks & Recreation District
Phone 360-221-5484 programs@whidbey.com
www.whidbeytriathlon.com