

Registration

All correspondence will be by email unless you request otherwise.

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



Your Division (choose one): ☐ Individual ☐ Team (**Each member must complete form**) ☐ ORCA

Name _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Would you like to be added to SWPRD's email Programs & Events mailing list? ☐ Yes ☐ No

DOB ____/____/____ Age on Race Day _____ Sex _____ T-shirt Size (Adult S-2XL) _____

Emergency Contact _____ Emergency Contact Phone _____

Please indicate any health or medical concerns here: _____

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

Relay Teams Only Team Name _____ Combined Age of Team _____

Name of **Swimmer** _____ Age _____

Name of **Biker** _____ Age _____

Name of **Runner** _____ Age _____

Each team member must complete their own registration form. The team will not be officially registered, and may lose their place, until **all** team members' completed forms have been received.

Make checks payable to **SWPRD** & mail form to:
South Whidbey Parks & Recreation District
PO Box 136, Langley, WA 98260

☐ Individual/Orca (\$50 through June 1)

☐ Individual/Orca (\$60 through July 1)

☐ Individual/Orca (\$70 through July 29)

☐ Team (\$105 through June 1)

☐ Team (\$125 through July 1)

☐ Team (\$140 through July 29) Total \$ _____

Credit Card Payment

Name as it appears on Card _____ Check One: ☐ Master Card ☐ Visa

Card Number _____ Expiration Date ____/____

Signature _____ 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.

FEES

Individuals / Orca

\$50 through June 1

\$60 through July 1

\$70 through July 29

Relay Teams

\$105 through June 1

\$125 through July 1

\$140 through July 29

DIVISIONS

Individuals

* 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+

*Orca is an optional division for Men over 200 pounds and Women over 150 pounds.

Relay Teams

* Women * Men * Mixed *

Under 99 (Combined Age)

Over 99 (Combined Age)

Over 149 (Combined Age)

Over 200 (Combined)

AWARDS

- Trophy for overall male/female winners
- Medals 3-deep in individual divisions, first place medals for teams.
- T-shirts guaranteed for participants registered by 7/11/10
- Awesome raffle prizes: gift certificates, mp3 players & more!

CHIP TIMING

ChipTiming by BuDu Racing

GENERAL INFORMATION

LOCATION

Check-in is at Community Park. The swimming leg and the swim/bike transition zone is at Goss Lake. The bike/run transition and the finish line are at Community Park.

DRIVING DIRECTIONS

A letter detailing the driving directions to Goss Lake and Community Park, along with race day information, will be e-mailed to all registered participants by July 19.

PARKING

Please be advised that day of race parking is limited to the lot at South Whidbey High School, located immediately south of Community Park, and at Lone Lake parking lot. Parking will not be allowed at Goss Lake.

ISLAND LODGING

If you are planning an overnight stay on the Island, lodging information is available at:

- visitwhidbey.com
- whidbeyislandbandb.com
- whidbeycamanoislands.com
- Langley Chamber of Commerce:
langleychamb.whidbey.com
(360) 221-6765
- Freeland Chamber of Commerce:
freeland-wa.org (360) 331-1980

VOLUNTEERS

Volunteers are always welcome and very much needed! Invite your friends & family. Please call ahead.

CONTACT INFORMATION

Call South Whidbey Parks & Recreation District at (360) 221-5484 for more race information or visit us at www.swparks.org.

RULES & REGULATIONS

- Registration is limited, register early
- Check-in & race packet pick-up is at Community Park ONLY: Friday 2 -6 pm or Saturday morning (Race Day) - 6:30 -8 am
- There is a mandatory general meeting for all at Goss Lake – 8:30 am on Saturday.
- All correspondence will be by email unless you request otherwise.
- Wave starts: Categories to be finalized race day morning.

SWIM

- Start is at Goss Lake Public Boat Ramp.
- Start is at 9 am for first wave.
- Swim is a triangular, clock-wise course, with orange inflated buoys marking each turn. Swimmers must stay to outside of buoys.
- No swimming aids are allowed. Wetsuits are allowed. Swimmers must wear the swim cap provided.

BIKE

- Cyclists must wear helmets that meet ANSI/ SNELL standards.
- This is an open course and riders will encounter 2-way traffic.
- Drafting is not allowed.
- Cyclists must yield right-of-way at all intersections. Police and race volunteers will provide support at some intersections.
- You are responsible for knowing the course and following the rules of the road.

RUN

- Runners must not pass other racers in the final chute after crossing the finish line.



THE RACE COURSE

SWIM - 1/2 mile



The swim is held in Goss Lake, just outside the City of Langley. Goss Lake is a deep, clean, fresh water lake, with water temperature in the low 70's in early August. Swimmers will start from the water in 4 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". Riders will enter Community Park at South Whidbey High School's north driveway. The bike/run transition is at Community Park.

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.

SUPPORTING SPONSORS



PAY-LESS FOODS
"South Whidbey's Finest Store"



WHIDBEY ISLAND TRIATHLON

Saturday, August 7, 2010

South Whidbey Parks & Recreation District
PO Box 136

Langley, WA 98260

Phone 360-221-5484 Fax 360-221-7323
www.swparks.org swparks@whidbey.com