

Triathlon Entry Form

Sign up: *Before*

	<u>Aug. 26th</u>	<u>Aug. 27-Sep. 5</u>	<u>Sep. 6-9</u>
<input type="checkbox"/> Individual	\$45.00	\$55.00	\$65.00
<input type="checkbox"/> Team	\$80.00	\$90.00	\$110.00

Team Name _____

Sex: Male Female Age _____

Date of Birth: Month ____ Day ____ Year ____

Name

Address

Phone

E-mail

Shirt Size: Small Med Large XI

Team Members: Est. Time

Swimmer

Biker

Runner

*Each team member must submit an entry form. Please send all entry forms together.

Method of Payment:

- Check # _____
 Cash

Please read and sign waiver on reverse.

West River Triathlon **SPONSORS**

Custom Design

Pepsi Cola

Big Sky Athlete

St. Joseph's Hospital

Sax Motor Company

Ficek Chiropractic

Steffan Saw & Bike

State Farm Insurance,

Scott Karsky Agency

Dickinson Police Department

Dickinson Parks & Recreation

West River Community Center

Dickinson Convention &

Visitors Bureau

7th Annual

West River **SPRINT** **Triathlon**

Saturday, September 10, 2011

**West River Community Center
Dickinson, ND**



500 Yard Swim
(NEW THIS YEAR!)

11 Mile Bike

3 Mile Run

West River
Community Center

2004 Fairway Street
Dickinson, ND 58601

(701) 456-2070

dickinsonparks.org

Triathlon Information

Course –

- Swim: 500 yard swim in West River Community Center.
Bike: 11 miles around Dickinson. All cyclists must observe ND traffic laws. Bike helmets are required. Drafting is prohibited.
Run: 3 mile course through western Dickinson.

Event Schedule –

Saturday, September 10

- 6:30-7:30 a.m. Check-in / Body Marking
8:00 a.m. Mandatory pre race meeting
8:30 a.m. Race begins

Athlete Registration – All registration must be in by Friday, September 10th. There will be no registration accepted after this date.

Race Meeting – A mandatory race meeting will be held at 8:00 a.m. All competitors must be present at this meeting.

Bike Racks – We have bike racks that hold your bike and leave room for you to have your running and swimming gear along side.

What should I wear? – Most athletes wear a swimsuit for the entire event, then change in and out of running or biking gear.

Aid Station Supplies – Water stations are located along the run route and at bike turnaround points.

Time Limits – Race route will close 3 hours after the race start time.

Results – Results will be emailed to all participants and will be posted at www.pickleevents.com and www.dickinsonparks.org.

Awards Ceremonies – Awards ceremony will be held 30 minutes after the last finisher cross the finish line or noon, whichever is earlier.

Door Prizes – Must be present to win.

Entry includes – Official garment, water bottle, post race refreshments and door prizes.

Chip Timing

We will be using the **ChampionChip®** system which comprises chips, mats and controller boxes that together collect the data that racers then see as results. Each chip contains a unique identification number so every time an athlete steps on the mat, the energizing coil, stimulated by the magnetic field created by the send antenna in the mat, produces an electric current that powers the chip. The transponder transmits the unique ID number to the receive antenna. The number and corresponding time are stored in the yellow box and transferred to a timing computer. This will allow us quicker and more accurate results for all of our participants.

Entry Fees

Before Aug. 26:

\$45.00/person*
\$80.00/team

Aug. 27 - Sep. 5

\$55.00/person*
\$90.00/team

Sep. 6 - 9

\$65.00/person*
\$110.00/team

***Individuals may register online at dickinsonparks.org.
Sorry, teams are unable to register online.**

For race information contact:

Matt Mack, Recreation/Facility Supervisor
Dickinson Parks & Recreation
(701) 456-2074
mmack@dickinsonparks.org

For more information on Dickinson:

Call the Convention & Visitors Bureau
(701) 483-4988
www.visitdickinson.com



READ CAREFULLY BEFORE SIGNING.

I acknowledge that a triathlon is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THIS TRIATHLON. I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised otherwise by a qualified medical person. I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: a) WAIVE, RELEASE, DISCHARGE AND AGREE NOT TO SUE from any and all liability for my death, disability, personal injury, property damage, property theft or action of any kind which may hereafter accrue to me as a result of my participation in, or my traveling to and from THE FOLLOWING ENTITIES: West River Triathlon, event sponsors, event directors, event producers, event workers and volunteers, event connected charities, and all cities, counties, districts, public agencies and/or states in which said events may be staged or in which segments of said events may be run or have responsibility therefore and the officers, directors, employees, representatives and agents and volunteers of all of the above. INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any of my actions during an event. This waiver release and indemnification agreement is not intended to encompass claims arising out of intentional misconduct by covered parties. I acknowledge that the above waiver and release applies specifically to the West River Triathlon (WRT) and to all persons and entities associated with it. I hereby consent to receive medical treatment in the event of my injury, accident and/or illness, during any event. I understand that at WRT, the event producer(s), event sponsors and/or assigns. I hereby consent that I am eighteen (18) years of age, or older, I have read this document, and I UNDERSTAND THE CONTENTS.

Signature

Date

Signature of Participant or Parent or Guardian if under 18

Return with payment to:

**West River Community Center
2004 Fairway Street
Dickinson, ND 58601**

Phone: (701) 456-2070