



4th Annual Kid's Triathlon

Saturday, August 2 - 7:00 am
at the Sumner County YMCA Complex

Race Distances

Age	Pool Swim	Bike	Run
7-10	50 yards	2 mi.	1 mi.
11-14	100 yards	4 mi.	2 mi.

Entry Information:

- Fee: \$20 per child (\$25 after 7/5) (includes professional timing)
- No Race Day Registration
- Race limited to first 200 entries

Entry forms can be mailed to: Attn: Sheila Yarbrough, Laser One, HEAT Kid's Triathlon, 712 4th Avenue, South, Nashville, TN 37210

All participants will receive a T-shirt and a medal.

Participant's Name: _____

Parent or Guardian's Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home #: _____ Work #: _____

Email address: _____

Emergency contact: _____ phone# _____

Date of Birth _____ Age: _____ Gender (M/F) _____ T-Shirt size _____

Sponsored by the HEAT-Hendersonville Endurance Athletic Team* www.triheat.com

*Where did you hear about us? _____

SEE REVERSE FOR ADDITIONAL RELEASE

PLEASE READ THIS RELEASE CAREFULLY BEFORE SIGNING. THIS RELEASE WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT.

I HEREBY CERTIFY THAT I am the parent or legal guardian of the Participant named above, that I am authorized to execute this entry form and release and that s/he has my permission to participate in the Fourth Annual HEAT Kids Triathlon and/or Kids in Training (the "Event"). I certify that I have read this release and voluntarily agree to its terms and conditions. I further certify that I will participate in the Event with the Participant, and the Participant and I are in good physical condition and are able to safely participate in the Event. I understand that it is a condition of my son/daughter's participation in the Event that I participate with him or her. I hereby authorize medical treatment for either of us as necessary.

ON BEHALF OF MYSELF AND THE PARTICIPANT, I HEREBY WAIVE, RELEASE, and FOREVER DISCHARGE HEAT, all Event sponsors, Event producers, Event staff, administrators, officials, contractors, vendors, and organizers (including race directors), volunteers, all other persons or entities involved with the Event, states, cities, towns, and other governmental bodies and locations in which the Event or portions of the Event take place, and the officers, directors, members, employees, agents, insurers, and representatives of all of the above (collectively, the Released Parties), from any and all claims, causes of action, damages, losses (economic and non-economic), and liabilities of every kind (collectively claims), for death, personal injury, or property damage, which may arise out of, result

from, or relate to my participation or the Participant's participation in, or my traveling to or from, the Event (whether or not sanctioned by HEAT) including but not limited to any claims for theft, damage to any equipment, negligence, partial or permanent disability, claims relating to the provision of first aid, medical care, medical treatment, or medical decisions (at the Event site or elsewhere), and any claims for medical or hospital expenses.

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, or property damage. I acknowledge and agree that it is my sole responsibility to determine whether the Participant and I are healthy enough to safely participate in the Event, and I attest and certify that I and the Participant are sufficiently fit and physically trained to participate in the Event, and that I have conferred with a physician or other medical professional.

I acknowledge and ASSUME ALL OF THE RISKS of running, bicycling, swimming, and participating in all other sports and aspects of any Event in which I decide to participate (collectively, risks). I acknowledge that these risks may include dangerous conditions and exposure to potential physical injury or even death resulting from, among other things, vehicles or persons on the race course, falls, contact or encounters with other participants, staff, officials, contractors, vendors, volunteers and spectators, the effects of weather including heat, cold, and humidity, defective equipment, dangerous conditions on the roads or in the water, contact with other swimmers, and other man-made and natural hazards in the water. By signing below, I understand that I and the Participant will be participating in all aspects of the Event at my own risk, that it is ultimately my responsibility to risk participation in the Event, including but not limited to swimming in any body of water, and that I am waiving and releasing my legal rights and the legal rights of the Participant to sue for any injury or damages arising out of or resulting from all such risks. I further understand that these risks may be the result of negligence or carelessness on the part of persons or entities defined above as Released Parties.

I FURTHER COVENANT and AGREE NOT TO SUE any of the Released Parties for any of the claims that I have waived, released, or discharged herein. I AGREE TO INDEMNIFY and HOLD HARMLESS the Released Parties from any and all expenses incurred, claims made, or liabilities assessed against them, including but not limited to attorneys' fees and litigation expenses, arising out of or resulting from, directly or indirectly, in whole or in part, my participation or the Participant's participation in the Event, the breach or failure to abide by any part of this Release, and the actions or inactions by the Participant of me which cause injury or damage to any other person. I further agree to indemnify and hold harmless the Released Parties for any expenses incurred, claims made, or liabilities assessed against them, as a result of any insufficiency of legal capacity or authority to act on behalf of the Participant in the execution of this Release. This indemnification provision includes any action by or on behalf of the Participant by any other parent or legal guardian.

I ACKNOWLEDGE that prior to participating in the Event, I have the obligation to inspect the race course, facilities, equipment, and areas to be used, and if I believe or become aware that any are unsafe, I will immediately advise the person supervising the Event. I FURTHER GRANT to the Event organizers, and their licensees the right, permission, and authority to use the Participant's or my name, voice, picture, or photograph, in any broadcast, telecast, commercial advertisement, promotion, or other account of the Event (whether for profit or otherwise), and I WAIVE any rights to future compensation to which I or the Participant might otherwise have been entitled for such use.

Signature: _____ Date _____

Parent's signature _____ Date _____