

Saturday, July 9th

2011

8 am start time



Triathlon Events (Sprint Distance)

Swim: ½ mile counterclockwise rectangle starting/ending at Lake Gardner Beach

Bright colored cap will be provided and must be worn. Wetsuits will be allowed if the water temperature is at or below 78 degrees Fahrenheit.

Bike: 12.3 miles, transition area at Lake Gardner through Amesbury, South Hampton and Newtown. Approved bike helmet required. Drafting will result in penalty.

Run: 5K (3.2 miles) Fast and flat road race to Woodsom Farm and back.

ENTRY FEES

Individual \$90 (includes one day USA Triathlon membership)
\$80 (for USA Triathlon members)

Team \$150 (includes one day USA Triathlon membership)
\$120 (for teams composed entirely of USA Triathlon members)

Entries must be received no later than July 1st, 2011

There will be NO race day registration

REGISTRATION

To register complete entry form below and mail to:

Heat Event Management ATTN: DAM
PO Box 542
Amesbury, MA 01913



REGISTRATION

1. Name: (first) _____ (last) _____
2. Address: (street) _____ city _____ state _____ zip _____
3. Date of birth: (mm/dd/year) _____ 4.) Home Phone (_____) _____
5. Email: _____ (please print clearly for registration confirmation and race details)
6. USA Triathlon Member: Yes _____ No _____ 7. Member Number: _____
8. Individual Entry: Male _____ Female _____ 9. Age as of **December 31, 2011**: _____
10. Category: (choose one)
- | | | |
|------------------------------------|---|---|
| <input type="checkbox"/> Age Group | <input type="checkbox"/> Clydesdale (Male 200+ lbs) | <input type="checkbox"/> Challenged Athlete |
| <input type="checkbox"/> Elite | <input type="checkbox"/> Athena (Female 150+ lbs) | <input type="checkbox"/> Team |

Team Entry Only:

Teammates Names: (each team member is required to submit a complete registration form)

A. _____ B. _____

Team Name (required!) _____

Sorry, no refunds, no exceptions. UNDER NO CIRCUMSTANCES WILL A RACE ENTRANT BE ALLOWED TO TRANSFER, SELL OR SUBSTITUTE ANOTHER ATHLETE AT ANY TIME. The event organizer has the right to shorten or even cancel the event if, in his or her judgment, environmental conditions including weather become dangerous; in this situation no refunds will be given.

RELEASE & WAIVER

I know that participating in the Dam Sprint Triathlon on July 9th, 2011 is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I also know that there will be traffic on the course route (including and not limited to motor vehicles) and I assume the risk of competing in such traffic. I also assume any and all risks associated with competing in this event including, but not limited to falls, contact with other participants or vehicles, the effects of the weather, including high heat and/or humidity and extreme cold and wind, and the variable conditions of the water, roads, and highways, all such risks being known and appreciated by me.

Knowing these facts, and in consideration of you accepting my entry fee, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release, and discharge the event organizer (s), volunteers, City of Amesbury, Sponsors or anyone acting on their behalf, of any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in the Dam Sprint Triathlon event.

This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I, the undersigned, understand the event organizer has the right to shorten or even cancel the event if, in his or her judgment, environmental conditions become dangerous. No refunds will be given. The event director reserves the right to reject any entry.

Signature:

Date:

(UNSIGNED RELEASE AND WAIVERS WILL BE REJECTED)

Signature of Parent/Guardian:

Date:

(REQUIRED FOR ATHLETES BETWEEN AGES OF 15 - 18)