

**YMCA of Lenawee County &
City of Adrian Parks & Recreation
Youth Triathlon**

SPLASH AND DASH

All proceeds to benefit the YMCA of Lenawee County's Strong Kids Campaign
and City of Adrian Parks and Recreation scholarship funds



Saturday, August 14, 2010

Give it a Tri

10 year old and under

- Triathlon: 100 meter swim, 2 mile bike, 0.5 mile run
- Duathlon: 100 meter run, 2 mile bike, 0.5 mile run

11 to 14 year olds

- Triathlon: 200 meter swim, 4 mile bike, 1 mile run
- Duathlon: 200 meter run, 4 mile bike, 1 mile run

3 to 6 year olds

- Fun Run - 0.4 mile run

Fun Run will begin at approximately 11:00 AM

Just Du it

Where: Bohn Pool & Riverside Park - Pre-race registration begins at 8:00 AM, Races begin at 9:00 AM

Entry Fee includes: Event t-shirt, goodie bag, finisher's award, and post race refreshments.

Cost: Triathlon or Duathlon- \$20 through August 6, 2010, \$25 August 7 through August 13, 2010

Fun Run- \$5 without T-Shirt, \$10 with T-shirt included- through August 13, 2010

(All checks to be made payable to the YMCA of Lenawee County)

* Please return registration form to YMCA of Lenawee County or City of Adrian Parks & Recreation @ City Hall

2010 TRIATHLON/DUATHLON REGISTRATION

Please check which age group and race your child will be participating in:

- 10 year old and under Triathlon
- 10 year old and under Duathlon
- 11- 14 year old Triathlon
- 11- 14 year old Duathlon
- 3-6 year old Fun Run

Child's Name: _____ Grade: _____ Sex: Female Male

Age as of August 14th, 2010: _____ Birth Date: _____

Has your child participated in a youth triathlon previously? _____

T-shirt size: Youth S M L Adult S M L XL (circle one) *Please note that late registrants may not receive a shirt the day of the event*

Street: _____ City: _____ State: _____ Zip: _____

Parent's Name: _____ Phone: _____ Cell Phone: _____

Email Address: _____

No one is denied participation in YMCA or City of Adrian Parks & Recreation programs due solely to the inability to pay. Financial Assistance is available to those who qualify. For more information, call 263-2151 x110

Medical Release Consent Form

As a parent and/or guardian, I do herewith authorize the treatment by a qualified and licensed medical doctor of the following minor in the event of a medical emergency which, in the opinion of the attending physician, may endanger his or her life, or cause disfigurement, physical impairment, or undue discomfort if delayed. The authority is granted only after a reasonable effort has been made to reach me. This release form is completed and signed of my own free will with the sole purpose of authorizing medical treatment under emergency circumstances in my absence.

Parent's Signature: _____ (Father/Mother/Legal Guardian) Date: _____

Family physician: _____ Phone: _____

Other contact in case of emergency
Name: _____ Relationship: _____

Home Phone & Cellular: _____

I hereby release the YMCA of Lenawee County, The City of Adrian, all associated sponsors of the event and any associated persons or employees from any claims for any injuries, personal losses, or damage done to personal property while on the premises of either the YMCA of Lenawee, or The City of Adrian properties associated with specific programs of these organization. I further agree to indemnify and save harmless the YMCA of Lenawee County and The City of Adrian from any claims or demands arising out of any such injuries or losses. By signing below, I also authorize the publication of any photography taken for or during any YMCA or The City of Adrian program for the use of promoting or advertising further programs, unless I notify the YMCA of Lenawee County or The City of Adrian Parks and Recreation department of my desire to not permit any published photos at the time of registration.

Parent's Signature: _____ Date: _____



YMCA of Lenawee County
638 W Maumee St
Adrian, MI 49221
(517) 263-2151



Presented by- Lenawee County Probate Court,
City of Adrian Parks and Recreation, and the
YMCA of Lenawee County
Race Director will be the Honorable
Gregg P. Iddings, Probate Court Judge



Adrian Parks and Recreation
135 E. Maumee St.
Adrian, MI 49221
(517) 264-4872