

Vinton Parks & Recreation Department's
1st ANNUAL

KIDS TRIATHLON



SATURDAY, JULY 31st

Race begins at 8 AM

Registration / Check-in: 7 AM – 7:45 AM

Young athletes now have the opportunity to participate in one of the fastest growing areas of sport today...the triathlon! Kids will swim, bike and run in short distances that are intended simply to expose our youngest triathletes to basic elements of triathlons and give them a taste of the unique sense of accomplishment that comes with finishing a triathlon.

Age Divisions & Distances:

7-8:	*50 meter swim	*1.2 mile bike	*0.6 mile run
9-10:	*100 meter swim	*1.8 mile bike	*1.2 mile run
11-14:	*200 meter swim	*3.6 mile bike	*1.2 mile run

Cost:

\$10 Pre-registered (before or on 7/28/10)
 \$15 (after 7/28/10)

What to Bring:

- * Bike
- * Running Shoes
- * Helmet (ABSOLUTELY REQUIRED)
- * Swim Suit
- * Towel to dry off with

Additional Information:

* Packet with finalized course route and any additional information will be available for pickup on or after Monday, July 26th. The course will be on streets near the Vinton Recreation Center and in the Vinton Pool.
 *** Parent volunteers for events like these are critical in making these events possible and keeping costs low. Please let us know if you'd like to help out with this event. Thank you!!!***

2010 VPRD KIDS TRIATHLON – REGISTRATION FORM

PARTICIPANT _____ AGE (on 7/31/10) _____ Male or Female _____

PARENTS OR GUARDING _____ ADDRESS _____

HOME # _____ CELL # _____ Parents: Would you like to help on race day? YES NO

Waiver must be read and signed: I know that running/walking/swimming/biking is a potentially hazardous activity. I should not enter my child in this event unless they are medically able and properly trained. I agree to abide by any decision of a race official relative to my child's ability to safely complete the event. I assume all risks associated with my child's participation in this event, including, but not limited to, fall, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my child's application, I, for myself and any one entitled to act on my or my child's behalf, waive and release Vinton Parks & Recreation Department, the City of Vinton, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my child's participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver. All fees are nonrefundable.

 Parent's Signature

 Date