

Friends of Raymond Recreation

5th Annual Om-a-can-can-oe Triathlon

5k pedal * 3k trail run * 2k paddle

Saturday, September 14, 2019 @ 9:00 am

On-site registration and check-in begins at 7:30 am

Registration Fees: \$20 Individual Adults (18 and over)

\$10 Individual Teen (13-18)

\$ 5 Individual Youth (12 and under)

\$30 Adult Relay / \$20 Teen Relay / \$10 Youth Relay



Individual

Name: _____ M: _____ F: _____ Age: _____

Phone #: _____ Email: _____

Shirt Size: S M L XL (Youth / Adult) (circle appropriately)

Relay Team (list all team members)

Relay Team Point of Contact: _____

Phone #: _____ Email: _____

Relay Team Name _____

[Member 1] Name: _____ Age: _____

Shirt Size: S M L XL (Youth / Adult) (circle appropriately)

[Member 2] Name: _____ Age: _____

Shirt Size: S M L XL (Youth / Adult) (circle appropriately)

[Member 3] Name: _____ Age: _____

Shirt Size: S M L XL (Youth / Adult) (circle appropriately)

Groups (contact us for discounted pricing)

_____ **Entry Fee**

MUST WEAR HELMET WHILE BIKING AND PFD WHILE ON THE WATER

You MUST provide your own bicycle and helmet to participate in the bike riding and a kayak/canoe/SUP/rowboat & PFD for the paddle portion of the event. A limited number of kayaks may be available to rent.

**** ALL PARTICIPANTS MUST SIGN THE LIABILITY WAIVER ON THE BACK ****

LIABILITY WAIVER

Friends of Raymond Recreation * Om-a-can-can-oe Triathlon

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration of the permission granted to the participant named below to participate in the FRIENDS OF RAYMOND RECREATION TRIATHLON, I/we SHALL RELEASE, WAIVE DISCHARGE AND COVENANT NOT TO SUE the Town of Raymond, Friends of Raymond Recreation, Recreation Department, their agent and employees from all liability for any and all loss or damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the named participant except in the case of gross or willful wanton negligence of the Town of Raymond, Friends of Raymond Recreation, Recreation Department its agents and employee or otherwise while the named participant participates in the FRIENDS OF RAYMOND RECREATION TRIATHLON.

I/we further agree to indemnify the Town of Raymond, Friends of Raymond Recreation, Recreation Department, their agents and employees from any and all liability, loss or damage including but not limited to bodily injury, illness, death or property damage which the Town of Raymond, Friends of Raymond Recreation, Recreation Department, their agents and employees become legally obligated to pay including reasonable attorneys' fees and costs, as a result of claims, demands, costs or judgments, against the Town of Raymond, Friends of Raymond Recreation, Recreation Department, their agents and employees on account of injury to the person or property or resulting in the death of the named participant except in the case of gross or willful wanton negligence of the Town of Raymond, Friends of Raymond Recreation, Recreation Department, their agents or employees and whether or not such liability is sole, joint or several.

I am aware that participation in this program may present a strain on my body, or its parts and therefore I represent to the Town of Raymond, Friends of Raymond Recreation, Recreation Department that to the best of my knowledge, I am in a proper physical condition to participate and that I assume the risk of participating.

I hereby agree to comply with all rules and regulations and event instructions of the Friends of Raymond Recreation Triathlon. I also give permission for the free use of my name and picture in any media account of promotion of this event. Finally, I agree that in the event of race disqualification, or my failure to attend, my entry fee shall not be refunded.

PARTICIPATION SIGNATURE

DATE

PARTICIPATION SIGNATURE (additional Team Member)

DATE

PARTICIPATION SIGNATURE (additional Team Member)

DATE

PARTICIPATION SIGNATURE (additional Team Member)

DATE

Parent/Guardian to sign if participant(s) is/are under the age of 18.