

ADULT MINI-TRIATHLON

COURSE DETAILS

Swim - Veteran's Pool - 1/4 mile = 4 laps (8 lengths)

Bike - 12.5 mi

Head West on Monroe Ave.

L on Willow Ln

L on Fairview Dr

R on Cedar St

R on Lee Rd

L on Elmwood Rd

R on Waterford Rd

L on Taylor Rd

R on Paine Rd

R on Resthaven Rd

R on Saylesville Rd

R on Lee Rd

L on Cedar St

L on Fairview

R on Willow Ln

R on Monroe

Continue to Veteran's Memorial Pool

RUN - 5K

R on Monroe Ave

R on Cedar St

R on Lincoln St

R on Rural St

R on S. Main St

Hartford Parks & Recreation Center

125 N. Rural St.

Hartford, WI 53027



Hartford Recreation Center

9th Annual

Mini Triathlon

new! Kids Triathlon



Saturday, July 10

2010

Hartford Parks & Recreation Department

Mini Triathlon

Saturday, July 10, 2010

5:30 AM - check in/packet pick up

1st heat starts @ 6:00 AM

Veterans Pool

1/4 mile swim, 12.5 mile bike & 5K run

Course Details.....Swim in Vet's Pool, bike thru the country & run a simple 1 mile block 3 times!

Kids Mini Triathlon

Saturday, July 10, 2010

Race begins @ 10:00 AM

Veterans Pool

Ages 5-7 - 20m swim, 1/2 mi bike, 1/4 mi run

Ages 8-10 - 100m swim, 1 mi bike, 1/2 mi run

Ages 11-13 - 200m swim, 1.5 mi bike, 3/4 mi run

Course Details... Swim in pool (lifeguards will be present). Ages 5-10 will swim WIDTH of the pool, ages 11-13 will swim LENGTH of pool.

Check one:

Adult Mini Triathlon_____ Kids Mini Triathlon_____

First Name: _____

Last Name: _____

DOB:____/____/____ Female____ Male____

Address:_____

City:_____ST_____ Zip_____

Circle T-Shirt size: Child S(6-8) Child M (10-12) Child L (14-16)

Adult S M L XL XXL

Email address:_____

Phone H)_____ - _____ - _____

Phone C)_____ - _____ - _____

Mini Triathlon Age Group circle one:

14-17 18-29 30-39 40+ Senior 55+

Kids Mini-Triathlon Age Group circle one:

5-7 8-10 11-13

Registration Fees:

Adult Res. & non-Res \$36.00

Kids Race Res. & non-Res. \$20.00

REGISTER BEFORE - June 30 or 50 max ;
40 max. for kids tri.

NO RACE DAY REGISTRATION! NO LATE REGISTRATIONS!

Checks payable to : City of Hartford

LIABILITY WAIVER: All participants are required to sign the following release. Parents or guardians must sign for minors. I, the undersigned do hereby agree, or agree for the above named registrant for whom I am the parent or guardian, to participate in the activity indicated am aware of and understand that there may be risks and hazards inherent with participants in this activity. I affirm that I, or the minor registered for this activity, am doing so as a voluntary participant. In consideration of my participation or participation of the minor I do hereby agree to release, waive, absolve, indemnify on behalf of myself or minor, my/his/her/family, my/his/her heirs and my/his/her assigns the City of Hartford, its employees, officers, agents and sponsors from liability for injury, death or loss suffered by me or the minor in any and all present and future claims, liabilities, damages or right of action directly or indirectly resulting out of participation in the activity, using the facilities, or engaging in any activities incidental thereto during the duration of the scheduled program, which result from the ordinary negligence for the City of Hartford, its employees, officers, agents and sponsors. The City of Hartford does not provide accident insurance to participants in recreational activities and I assume full responsibility for any and all injuries or damages which may occur to me while participating.

MEDICAL EMERGENCY RELEASE WAIVER FOR MINORS: In the event of a medical emergency, I authorize the Parks & Recreation Department staff to obtain medical treatment for my son/daughter or minor for which I am guardian.

PHOTO RELEASE: I agree to allow publication of any photos taken at any program, event, or facility of the City of Hartford Parks & Recreation Department.

MEDICAL INFORMATION: If there are any medical conditions/allergies/disabilities the instructor/program supervisor should be aware of, the participant or parent of the participant should discuss this with the instructor./program supervisor the first time the program meets.

Sign _____ Date _____
(Parents must sign for minors)

