

2008 Kewpee/Lima Family YMCA Triathlon and Duathlon Registration Form

I am entering the (circle one): Triathlon Duathlon Team

Individual Participant

Age Groups 19& Under 20-24 25-29 30-34 35-39
(Please circle one): 40-44 45-49 50-54 55-59 60+

Triathlon Team Division

(Please circle one): Male Female Co-ed Master (Combined Ages 120 or more)

Triathlon Team Event (please circle one): Swim Bike Run

Please print: **(you must also sign waiver below)**

Name: _____ M or F Phone () _____

Address: _____

City: _____ State _____ Zip _____

E-mail address: _____

Date of Birth ____/____/____ Age on Race Day _____ **PCS Code 03404**

T-shirts size (please circle): S M L XL XXL (All adult sizes)

Event Waiver Release:

In consideration of the acceptance of my entry, I for myself, my executors, and assignees, do hereby release and discharge the Lima Family YMCA, Lima Run and Jog Club, Johnny Appleseed Metropolitan Park District, The Kewpee, Inc., and any other sponsor and sanctioning body for all claims to damages, demands, actions, whatsoever in any manner arising or growing out of my participation in said athletic event. I fully understand that no medical expense coverage is provided by the sponsors and that any medical expense incurred must be covered by my own insurance policy. I also give permission for first aid. I further attest that I am physically fit and sufficiently trained for competition in all three events.

Signature of Participant _____

Signature of Parent _____

(required if participant is under 18 years of age)

Please mail entry fees and registration to:

**Lima Family YMCA
c/o Race Director
345 S. Elizabeth St.
Lima, OH 45801**

Questions? E-mail limaymcaracing@hotmail.com or call (419) 223-6045 ext. 304

(Confirmation packets will be mailed)

You may also register online via RUN ONLINE at: <http://www.limaymca.net>

Ottawa Metro Park

Bring the family to enjoy this great Johnny Appleseed Metropolitan Park! Large spacious area to play (with playground) and lots of parking close to event site.

Would you like to volunteer? Call us at 223-6045 ext. 304—we'd love to have you!

In case of inclement weather, no refunds will be made.