



Triathlon Registration Form

Cost \$30, Start Time 8am

All Participants must fill out a registration form and must be at least 14 years old

Sprint- 300-yard swim, 12-mile bike and 2-mile run

Super Sprint- 150-yard swim, 6-mile bike and 1-mile run

Team Sprint- 300-yard swim, 12-mile bike and 2-mile run

Team Name _____ Max 3 people per team.

Each team member must fill out a form & pay registration fee

Team Super Sprint- 150-yard swim, 6-mile bike and 1-mile run

Team Name _____ Max 3 people per team.

Each team member must fill out a form & pay registration fee

In signing this form, I understand that I am responsible for monitoring my own condition throughout my workout, and should any symptoms occur, I will cease my participation and inform the staff on duty of symptoms. If medical attention is required I give my permission for such medical care. Also, in consideration for being allowed to participate at the NCK Wellness Center, I agree to hold harmless NCK Wellness Center Inc. and its staff members from any and all claims, suits, losses or related causes of action for damages, including but not limited to such claims that may result from my injury or death, accidental or otherwise, during or arising in any way from this program. I grant permission to NCK Wellness Center, Inc. and other associates to photograph and use photos of myself while participating in activities at the NCK Wellness Center for the purpose of promotion/demonstration/inspiration through website(s), press releases, advertisements, brochures, newsletters, and in-house bulletin boards, etc.

Participant Shirt size (S) (M) (L) (XL) must receive registration by Feb. 1st in order to receive shirt

Name(print) _____ Phone Number _____

Date of Birth _____ Sex _____ Email address _____

Signature _____ Employer _____

Parent or Guardian Signature if under 18 _____

Please send registration and payment to NCK Wellness Center PO Box 66 Beloit KS 67420. Max participation is 100. Must receive payment by February 20th. When max is reached registration will end. Call 785-738-3995 with any questions.