



****FEBRUARY 2024****

Register at the front desk:

- Pay fee at SRC front desk - \$20.00 for Members; \$70.00 for Non-Members (includes a membership for the month of February 2024)
- See below for Symons Triathlon Challenge Waiver Form. **New this year a half triathlon option!**
- Criteria for “winning”:
 - Each participant will receive a card to keep track of their miles. This card will be turned into the SRC front desk when you complete all 3 events. All cards must be turned in by March 1st, 2023.
 - All tracking is done on the honor system.
 - If you prefer to track your distances publicly at SRC, your name can be posted on a poster board. This poster board will be in the lobby.
 - All participants who successfully complete all the required mileage of the Symons Triathlon Competition will receive one long sleeve shirt. (Shirt Orders will be placed on March 1st, and we anticipate you will be able to pick up your shirt the week of March 25th.)

I am participating on a voluntary basis in the Symons Triathlon Competition at Symons Recreation Complex. I understand that recreational/athletic activities may result in injuries to participants. I believe that I am in good health to safely participate in this activity. (If over 35, it is advisable that this activity is cleared with your doctor).

I hereby fully and completely release Richland County, the City of Richland Center, and its officers, officials, agents, employees, representatives and insurers from any and all liability of any nature whatsoever for personal injury, illness or property damage that may be in any way related to my participation in the Symons Recreation Complex’s Triathlon event to be held February 2024, including negligence by any of the above-named parties. I understand that: (a) participation in this event is strenuous, and I verify that I am physically fit to compete in this event.

Name (please print)

Email Address

Signature

Date

Signature of Parent or Guardian (ages 12-17)*

Date

**Kids ages 12-13, would need to have completed a Kids On Weights class to participate in this program.*

_____ Yes! I’m going to challenge myself to a Triathlon Swim/water walking 2.4 miles OR Row 174 minutes (circle one), bike 112 miles and run/walk 26.2 miles in the month of February 2024. I understand that I will need to track my own miles honestly.

_____ Yes ! I’m goint to challenge myself to a half triathlon swim/water walking 1.2 miles or row 87 minutes (circle one), bike 56 miles and run/walk 13.1 miles in the month of February 2024. I understand that I will need to track my own miles honestly.

Upon successful completion of the competition, you will receive a long sleeve shirt, please provide the following information: Size of long sleeve shirt (circle one): AS AM AL AXL AXXL

_____ **YES! I want my name on the public poster board at Symons Recreation Complex to track my miles/minutes publicly!**