



2nd Annual Tri in July

Swim 330 yards (5 laps), Bike 6 mi, Run 2 mi

Sunday July 5th, 2009

7:30 AM

Legion Park

Sigourney, IA

Get your registration to us by June 15th to guarantee your t-shirt size will be available!

Individual

First Name	Last Name	Sex	Phone #	Age	T-shirt Size	Estimated Swim Time*
		F M			S M L XL XXL	< 5 6 - 9 > 9

Team Name:

Participating in the team options allows you to split up the race between 2 - 3 people.

	First Name	Last Name	Sex	Phone #	Age	T-shirt Size	Estimated Swim Time*
Swim			F M			S M L XL XXL	< 5 6 - 9 > 9
Bike			F M			S M L XL XXL	
Run			F M			S M L XL XXL	

*Estimated swim time in minutes will be used to put you in the appropriate wave.

Waiver

I know that participating in a triathlon is potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the triathlon. I assume all responsibility & risks for myself associated with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the route. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all persons, organizations, their representatives, and successors from all claims and liabilities of any kind arising out of my participation in this event. I understand that the entry fee is nonrefundable and that any individual under 18 years of age must have a parent/guardian sign this form. All participants must be at least 13 years of age as of race day. All entry fee money will be used for the race expenses and extra will be donated to Keokuk County Trail Development.

Entry Fee

\$20 individual	
\$50 team	
Total Enclosed	\$ _____
Race will take place rain or shine No refunds will be given.	

Make checks payable to:
Tri in July

Return completed entry form with payment to:
Keokuk County State Bank
Attn: Lucas Meier
PO Box 207
Sigourney, IA 52591

Participant Signature (guardian if under 18) _____ Date _____

Participant Signature (guardian if under 18) _____ Date _____

Participant Signature (guardian if under 18) _____ Date _____

