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HUMBOLDT TRI-KIDS TRIATHLON
P.O. Box 32
Arcata, CA 95518

24th Annual



JUNE 1st, 2014

at THE ARCATA COMMUNITY POOL
AND ARCATA HIGH SCHOOL

For kids ages 7-18.
Compete as an individual or on
a relay team with two friends!



WWW.TRIKIDS.COM



The Tri-Kids Triathlon promotes active participation in the aerobic sports of swimming, biking, and running. It is the hope that this event will foster an increased interest in overall health at an early age.

RACE DAY

7:00-8:15 AM	Race Check-in <i>(takes at least 15 minutes)</i>
8:00 AM	Pool Warm-ups
8:30 AM	Race Announcements
8:45 AM	½ Mile Fun-Run for Youths Ages 6 and Under
9:15 AM sharp	1 st Heat Starts

Kids Fun Run - \$5
The half-mile Fun Run starts at 8:45 am and is for ages 6 and under. Register now or the day of the event.

Individual Triathlon				
DIVISION	AGE (years)	SWIM (yards)	BIKE (miles)	RUN (miles)
Junior	7-10	100	3.4	0.5
Senior	11-14	200	6.8	1.0
Open	15-18	200	6.8	1.0

All entrants will be eligible to win one of two new mountain bikes! Need not be present to win. Bikes donated by: Adventure's Edge and Revolution Bicycles

TRAINING

Swim Training available at:
Arcata Community Pool
and
HealthSPORT in Arcata and Eureka

Check out our website for details:
www.trikids.com

REGISTRATION and CONSENT

To enter the race, read and sign the attached entry form and waiver. Incomplete forms will not be accepted. There are a limited number of scholarships available. Please contact us if you need a scholarship application.

Mail your completed form along with a check made payable to Humboldt Tri-Kids, P.O. Box 32, Arcata, CA 95518. Mail-in registration deadline is May 22.

After May 22, bring your registration form to Adventure's Edge in Arcata.

Final Registration deadline is Thursday, May 29th.

There will be no triathlon race day registration!!

RELAY ONLY

Please fill out a separate entry form for each relay team member and return in one envelope. No Participants under 7 years of age or over 18 years of age may make up any part of a relay team.

3-Child Relay Teams			
DIVISION (total age)	SWIM (yards)	BIKE (miles)	RUN (miles)
21-25	100	3.4	0.5
26-31	100	3.4	0.5
32-36	200	6.8	1.0
37-42	200	6.8	1.0
43-54	200	6.8	1.0

I am entering as:
 Runner
 Biker
 Swimmer

Team members are:
 Male
 Female
 Co-ed

Division (total age)
 21-25
 26-31
 32-36
 37-42
 43-54

Team member names:
 1. _____
 2. _____
 3. _____

First Name _____ Last Name _____

Address _____

City _____ Zip _____ Phone _____

Email _____

Birthdate _____ Age on race day _____ M F Gender

Medical problem/allergies: _____

Emergency Contact (Name/Phone/Relationship): _____

How did you hear about us? _____

Registration Fees:

Individual
 by May 22 - \$20
 after May 22 - \$25

Relay
 by May 22 - \$36
 after May 22 - \$42

Fun Run - \$5

T-shirts (circle size)
 Youth – M L
 Adult – S M L XL

T-shirts \$10 Each _____
 +Registration _____

Total Enclosed _____

I hereby acknowledge that participation in the Humboldt Tri-Kids Triathlon competition carries with it potential hazard. I am aware that vehicular traffic and pedestrians will be using the same roadways during the race and that a collision could cause injury or death. In consideration of the acceptance of this entry, I, the undersigned participant, intending to be legally bound do hereby for myself, my heirs, executors, or administrators, waive, release and forever discharge and indemnify any and all rights and claims that I may have against the Humboldt Tri-Kids Triathlon, and any and all sponsors and promoters and/or its officers, agents, representatives or assigns, for any and all liability from the Humboldt Tri-Kids Triathlon. In the event of the need for medical attention, I authorize the Triathlon officials to use their discretion to have me transported to a medical facility and administer medical aid and will take full responsibility for such action. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical practitioner. I hereby agree that in the event of a race cancellation due to a storm, rain, or inclement weather, winds or other "Acts of God" conditions, my enrollment fee shall be non-refundable. I have read and agree to abide by the race rules.

Adult Signature _____ Date _____
 I DO NOT give permission for photos/video of my child to be used by Humboldt Tri-Kids for promotional purposes

Cut and save for race day info