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**HUMBOLDT TRI-KIDS TRIATHLON**

P.O. Box 32  
Arcata, CA 95518

26<sup>th</sup> Annual



**JUNE 5<sup>TH</sup>, 2016**  
**AT THE ARCATA COMMUNITY POOL**

Humboldt Tri-Kids is a triathlon for youth ages 7-18. Participants may enter as an individual or as a member of a 2 or 3-person relay team.



**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

<b>7:00-8:15 AM</b>	Race Check-in <i>(takes at least 15 minutes)</i>
<b>8:00 AM</b>	Pool Warm-ups
<b>8:30 AM</b>	Race Announcements
<b>8:45 AM</b>	½ Mile Fun-Run for Youths Ages 6 and Under
<b>9:15 AM sharp</b>	1 <sup>st</sup> 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	4.7	0.5
Senior	11-14	200	7.1	1.0
Open	15-18	200	7.1	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](http://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 26<sup>th</sup>.**

After May 26<sup>th</sup>, bring your registration form to Adventure's Edge in Arcata.

Final Registration deadline is **Thursday, June 2<sup>nd</sup>.**

**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.

2 or 3-Person Relay Team			
DIVISION (total age)	SWIM (yards)	BIKE (miles)	RUN (miles)
21-25	100	4.7	0.5
26-31	100	4.7	0.5
32-36	200	7.1	1.0
37-42	200	7.1	1.0
43-54	200	7.1	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. \_\_\_\_\_

Cut and save for race day info

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:	
<u>Individual</u>	<u>T-shirts</u> (circle size) Youth – M L Adult – S M L XL
by May 26 - \$20	
after May 26 - \$25	
<u>Relay (per team)</u>	T-shirts \$10 Each _____
by May 26 - \$39	
after May 26 - \$45	+Registration _____
<u>Fun Run</u> - \$5	<b>Total Enclosed</b> _____

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