

**8th Annual St. Mary's Medical Center
Tristate Triathlon
August 1st, 2010
8am
Beechfork Lake**

Check the website for details and to register at a lower price

EVENTS - Triathlon, Duathlon, Triathlon Relay
Earn points for the "C4" !!

Distances: Triathlon: half mile swim; 15 mile bicycle; 3 mile run
(this may be done in a relay with 2 or 3 members)
Duathlon: 3 mile run; 15 mile bike; 3 mile run

Computer chip timed
Great shirts
Great prizes in age categories
Free Dean Ornish Pasta dinner the night before at HIMG

REGISTER: sign up www.active.com or go to www.healthyhuntington.org and follow the link to sign up on line.
Register early because there is a maximum of 350 participants allowed.

For Registering with paper applications use the following pricing: Relay Team - \$80 per team; Individual Duathlete or Triathlete \$70

C4: this stands for Corporate and Community Challenge Cup and allows groups and organizations to score points thru participation in events with additional bonus points for those receiving awards. In this race, each relay runner on a team that finishes gets 1 point and each triathlete or duathlete that finishes gets 2 points.

-----ENTRY BLANK AND WAIVER-----

EVENT (CIRCLE ONE) - TRIATHLON DUATHLON RELAY

NAME _____ **AGE ON RACE DAY** _____

MALE / FEMALE (CIRCLE ONE)

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

WAIVER-----In agreement of acceptance of this entry, I hereby waive any and all claims for myself and my heirs against HealthyHuntington.org, inc. ; the sponsors of the 8th Annual St. Mary's Medical Center Tristate Triathlon, and each of their agents, servants, officers and employees of the host town, for injury or illness, which may directly or indirectly result from my participation and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, costs, injury or damage to persons or property, which may arise by virtue of the undersigned engaging in the marathon. I further state that I am in proper physical condition to participate in this event. Sponsors and organizers reserve the right to postpone, cancel or modify the event due to weather conditions or other factors beyond the control of the sponsors and organizers, which might affect the health or safety of the participants.

SIGNATURE REQUIRED _____ **DATE:** _____

(parent please sign if under 18 years of age)