



**Saturday, August 16, 2014
10:00 am (rain or shine!)
Sherwood Regional Family YMCA**

**ymcacw.org/sherwoodtri
sherwoodtriathlon@gmail.com**

- **Pre-Race Entry Fee** (includes T-shirts): \$15 individual; \$40 for family of up to 4; \$5 per extra family member. (non-refundable)
- **T shirt sizes:** Adult S,M,L,XL,XXL; Youth S,M,L,XL
- **Register by July 16 for guaranteed T-shirt**
- **Registration closes August 14, 2013**
- **Register online at www.ymcacw.org/sherwoodtri or bring this form to the Sherwood YMCA**
- **Day of Race Registration:** \$20 individual, \$45 family (non-refundable)
- **Make checks payable to Sherwood Regional Family YMCA**
- **You do not need to be a member to**

Rookie Course- 50 yd swim, 2 mile bike ride, ½ mile run

All Star Course- 100 yd swim, 5 mile bike ride, 2 mile run

Registration Form (please print)

Individual __ Family (up to 4 members) _____ #Extra family members _____

NAME	AGE	GENDER	COURSE (ROOKIE/ALL STAR)	SIZE

Street _____ City _____ State _____ Zip _____

Email _____ Phone _____

Photograph Release I hereby give the YMCA of Columbia-Willamette and Sherwood Charter School irrevocable right and permission to use photos taken of me or my family as we participate in the event for publicly purposes. **Initials:** _____

Waiver and Release In consideration of my entry in the Sherwood Family Triathlon, I, for myself, my heirs, executors, administrators and assigns, waive, release & discharge any & all rights, claims or damages against the YMCA of Columbia-Willamette and its branches and subdivisions, Sherwood Charter School, & all participating sponsors and directors, volunteers, employees or agents of such, for all claims demands, actions or causes incident to my event participation at the forthcoming Sherwood Family Triathlon. I attest & verify that I am aware of the risks involved in this event; that I assume those risks; that I will assume & pay my own medical & emergency expenses in the event of an accident, death, personal injury, illness or other incapacity; that I am physically fit & sufficiently trained to participate in this event; that I have read & understand this waiver is a total & complete release to YMCA of Columbia-Willamette & Sherwood Charter school for any & all damages or injuries that I might incur as a participant. Entries cannot be accepted without valid signature. Entries for minors will only be accepted with a parent or legal guardian's signature.

Signature _____ Date _____