

Waiver and Absolute Release

The parent of _____
____ (“Entrant”), individually and as natural guardian of Entrant, and on Entrant’s behalf and on behalf of the other family members of Entrant, in consideration of the right of Entrant to participate in the Fins and Feet Triathlon (“Triathlon”), hereby releases YMCA of Southeast Missouri, and the sponsors of the Triathlon, their affiliates, officers, directors, employees, agents and assigns from any and all claims of Entrant and his/her parents, successors and assigns arising from or in any way associated with the Triathlon.

The parent of Entrant warrants that he/she understands and acknowledges that some of the activities of the Triathlon may involve potentially hazardous activities including, but not limited to swimming, running and bicycle riding. The Parent on his/her behalf and on behalf of Entrant and the other family members of Entrant acknowledge that they are voluntarily assuming the risk of injury inherent in the activities of the Triathlon.

This Waiver and Absolute Release shall remain in full force and effect until it is revoked in a writing which is delivered in person or sent by certified mail return receipt requested to:
Chris Hodgkiss
602 Tanner St.
Sikeston, MO 63801

Dated this _____ day
of _____, 200__.

Parent and Natural Guardian of

YMCA of Southeast Missouri



Saturday, August 23, 2008
Sikeston Country Club
8:00 a.m.

\$20.00 YMCA Members
\$30.00 YMCA Nonmembers
Registration begins at 6:30 a.m.

Distances and Age Groups:
(separate divisions for boys and girls,
age determined by age on day of race)

8 & 9 year olds
100 yard swim/2 mile bike/0.6 mile run

10-12 year olds
100 yard swim/3.6 mile bike/1 mile run

13-15 year olds
200 yard swim/6.1 mile bike/1.6 mile run

Trophies for 1st place in each age group
T-shirts for all participants who preregister



Things You Should Know

1. Swim will be held at Sikeston Country Club pool. Lifeguards will be available.
2. Helmets are mandatory during bike portion, and must be worn and strapped until athlete has gotten off bike.
3. Parents may assist children in transition areas if needed.
4. There will be no dressing area available during transitions. You will need to wear something in which you can complete all 3 disciplines comfortably.
5. All runners and cyclists will need to stay on right side of course.
6. Watch carefully for oncoming riders/runners during turnaround.
7. Aid/water stations will be available on run course. Cyclists are responsible for carrying their own water.
8. Volunteers needed! If interested, indicate on form, or call Chris Hodgkiss.
9. Triathletes must provide their own equipment.
10. Entry fee includes t-shirt and post-race refreshments.
11. For more information contact Chris Hodgkiss at 472-9622.

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Entry Form

Name _____

Age _____ D.O.B. _____

Address _____

City _____

State _____ Zip _____

Phone _____

T-shirt size _____

Please make checks payable to:
YMCA of Southeast Missouri.

Parents must read and sign waiver
located on back and return with
check and entry form.

Please mail check and entry form to:

YMCA of Southeast Missouri
c/o Chris Hodgkiss - youth triathlon
602 Tanner St.
Sikeston, MO 63801

For questions and more information
call Chris Hodgkiss at 472-9622.