

● **EVENT WAIVER**

Must be signed to compete

I know that competing in a multi-sport event is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained to run/ride the distances of this event. I agree to abide by any decision of a race official relative to my ability to safely complete the race, as well as abide by any recommendation to withdraw from the race or run/ride at a slower pace due to weather conditions.

I understand that the weather conditions are often hot and humid and there is a danger of heat related injury or even death. I assume all risks associated with competing in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including heat, humidity, traffic, and the road conditions. All such risks being known and appreciated by me.

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Tiger Coaching & Personal Training, American Heart Association, Inc, the City of Lincoln, and all sponsors, their representatives, assigns, and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____

Date _____

(If under 18, parent or guardian signature)




1ST ANNUAL
WOMEN'S
tryATHLON

SWIM
150 Yds.

BIKE
2-6 Miles

RUN
1-2 Miles

● Information	8:00 am Sunday August 8, 2010 Holmes Lake Park Lincoln, Nebraska
● Benefitting	American Heart Association  <i>Learn and Live</i>
● Sponsors	    

Stacy Sovereign
c/o Wells Fargo
1248 "O" St.
Lincoln, NE 68508

1ST ANNUAL WOMEN'S tryATHLON

THE COURSE

The course varies from hard surfaces to trails, and travels through Holmes Lake Park.

The event begins with 150 yd. swim along the dam's lake shoreline and then to the transition zone for the bike portion which is a one to four lap course through the parks roadway and along Normal Blvd. and 70th Street. Then back to the transition area to head out on the lakes limestone trail for a 1 to 2 mile run before finishing the triathlon.

The race begins at Holmes Lake Park approximately 70th & Normal Blvd. The transition area will be the NW parking lot next to the dam.

ENTRY FEE/FORM

- \$35 if received by July 19th. \$50 if received between July 19th and August 6th.
- All net proceeds to benefit the American Heart Association.
- Entry fee includes one day USAT insurance fee.
- Deduct \$10 if you are a member of USAT. Annual membership is not required.
- Checks payable to: Women's Tryathlon
- All entries are sent to: Stacy Sovereign c/o Wells Fargo; 1248 "O" St.; Lincoln, NE 68508
- Questions can be directed to Stacy at 402-434-4152 or Stacy.m.sovereign@wellsfargo.com

PACKET PICK-UP

- Registration starts at 6:00 am - 7:30 am with event starting at 8:00 am.
- USAT Annual members MUST show their card at packet pick up with a PHOTO ID.

AGE GROUPS & AWARDS

- Each participant will receive a beach mat.
- No awards will be given, this is a participation event only, and everyone is a WINNER.
- Tiger Coaching will be awarding two 3 session training packages in a random drawing.

RACE REQUIREMENTS

- Current USAT rules apply. A copy of the USAT rulebook will be available.
- Certified bike helmets required NO EXCEPTIONS!
- No drafting on the bike course!
- For the safety of the athletes, the Race Director reserves the right to delay, modify or cancel the race without refund.

FOR MORE INFORMATION

- Contact: Gary Bredehoft at 402-560-8280
e-mail: coach@tigercoaching.com
- Contact: Stacy Sovereign at 402-434-4152
email: Stacy.m.sovereign@wellsfargo.com

TRIATHLON CLASS INFO.

- Sign up for the Triathlon Training Class which starts May 8th through August sponsored by Tiger Coaching and USAT Certified Level II Triathlon Coach, Gary Bredehoft, CSCS
- Entry Fee is \$25
- For more information contact Gary at 402-560-8280 or email at coach@tigercoaching.com

SPONSORED BY:



swim.bike.run.

ENTRY FORM

NO RACE DAY ENTRIES!

Name _____

Address _____

City _____ State _____

Zip _____ Phone # _____

E-mail _____

Age as of 12/31/2009 _____

Date of Birth _____ USAT# _____

Entry Fee \$ _____

DEDUCT \$10
if you are a current USAT member

DEDUCT \$5
if you are a current Team Nebraska Triathlon Member

TNT CLUB MEMBERSHIP
For more information about joining TNT, including membership forms, visit our website at: www.teamnebraska.org

ALL Participants
MUST SIGN EVENT
WAIVER on reverse
side BEFORE being
allowed to compete!