

The Oregon Community Swim Club's 7th Annual Oregon Kid's Triathlon will be held **Saturday, August 11, 2012 at 7:00a.m.** The event includes a pool swim, an in-village bike ride, and an on-trail run. The triathlon is open to participants 5-17 years of age.



This is an opportunity for your young athlete to participate in an enjoyable life experience through athletics. It is not structured as a highly competitive event. Rather, the objective is to encourage self-confidence, good health, and community spirit through participation. Registration is limited to 500 participants. Register early to ensure a spot in this year's triathlon. Registration information is on our website: www.oregonkidstri.com. OKT Expo 2012 will be Friday night in the Oregon Fire/EMS building. There will be vendors and an opportunity to pick up your race packet. See the website for more details.

Age Groups and Distances

Ages	Swim	Bike	Run
15-17	200 meters	5.6 miles	1.55 miles
13-14	200 meters	5.6 miles	1.55 miles
11-12	100 meters	4.4 miles	1.15 miles
9-10	100 meters	4.4 miles	1.15 miles
7-8	50 meters	1.1 miles	0.5 mile
5-6*	50 meters	1.1 miles	0.5 mile

Ages 5-6 may use a kick board for the pool swim.



**The OCSC Board
and the Oregon Kids
Triathlon Board
hope to see you and
your young athlete
on August 11th!**

**www.oregonkidstri.com
oregonkidstri@yahoo.com**



Save \$10 with online registration!

www.oregonkidstri.com

Entry fees:

**\$32 online registration
\$42 mail-in or drop off
\$47 after Aug. 1 (if space available)**

Entry fee includes T-shirt (if registered before July 11), goody bag and age group awards.



REGISTRATION

Please print neatly and fill out completely (entry forms without age and gender will not be eligible for age group awards)

First Name _____ Last Name _____

Address _____

City/Town _____ State _____ Zip Code _____

E-mail Address _____ @ _____

Parent Name & Emergency Phone Number _____

S M L S M L XL XXL XXXL
T-shirt size child T-shirt size adult

You can purchase extra T-shirts for \$12 quantity S M L XL XXL XXXL

Make checks (\$42 per entrant - \$47 after 8/1/12 if space is available) payable to:

Oregon Community Swim Club

Mail to: 249 Brook St., Oregon, WI 53575

Note: If registering online, the fee is \$32.)

By checking the box below, you agree, warrant and covenant as follows:

2012 Oregon Kid's Triathlon ASSUMPTION OF RISK AND RELEASE OF LIABILITY

In consideration of this entrant as a participant in the 2012 Oregon Kid's Triathlon, I freely and voluntarily agree to release, hold harmless and defend the Oregon Community Swim Club, its officers, directors, sponsors, and members; the Oregon School District; and the organizers, directors sponsors, beneficiaries, and volunteers of the Oregon Kid's Triathlon (the Released Parties) from any claim, demand, injury, illness, or property damage, whether or not foreseeable, suffered by the participant in whole or in part while participating in this event. I agree to release, hold harmless and defend the Released Parties for any such claim that may exist now or in the future in favor of the participant, his/her heirs, assigns, or survivors regardless of whether this claim arises in whole or in part from any act of the Released Parties or any of them.

Age Group (check one)	Gender
<input type="checkbox"/> 15-17	<input type="checkbox"/> Male
<input type="checkbox"/> 13-14	<input type="checkbox"/> Female
<input type="checkbox"/> 11-12	
<input type="checkbox"/> 9-10	
<input type="checkbox"/> 7-8	
<input type="checkbox"/> 5-6	

1. I recognize and acknowledge that the sport of Triathlon is an action sport that combines the individual sports of swimming, biking and running, each of which carries significant risks of serious personal injury, death and property damage. I also know and understand that while participating in the Oregon Kid's Triathlon, the participants may be exposed to natural, mechanical and environmental conditions and risks which alone or in combination with the activities of others may cause property damage, bodily injury or death to the participant or others.
2. I acknowledge and represent to the released parties that the participant is physically and mentally capable of participating in the event. I represent that the participant has had regular medical examinations by a physician and that he/she has no physical condition, injury or impairment that would be hazardous to himself/herself or to others while participating in this event, and that I have determined that any equipment used by the participant is satisfactory for this event. I will ensure that the participant uses a properly functioning bicycle helmet that complies with either SNELL or ANSI standards while participating in this event.
3. I have instructed the participant in the techniques and safety procedures regarding triathlon racing and accept the responsibility for the participant's knowledge of triathlon racing and safety procedures to be followed. I do not rely on the Released parties to provide such instructions or directions.
4. I hereby give my consent for emergency medical treatment to be given to the participant and acknowledge that I will be responsible for the cost of such treatment.

I agree for the participant that the above representations are not mere recitals and that they are binding. Should the participant or any person, either under him/her or on his/her behalf, present a claim in contravention of this agreement, I agree to be liable for the cost of defending the Released Parties, including attorney fees.

I am the parent and/or legal guardian of the above named participant, that I have read this Assumption of Risk and Release of Liability for and on behalf of the participant, and his or her heirs or assigns. I represent that I have the legal capacity to execute this document on behalf of the participant and I agree to indemnify, hold harmless and defend the persons or entities mentioned above for any claims made or liability assessed against them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the participant.

I understand that there are no refunds for the Oregon Kid's Triathlon.

Please Check Box

Signature REQUIRED by parent of legal guardian