

Starter Triathlon "Micro Sprint Distance"

Williams Wharf, Mathews Co Virginia

¼ mile swim ... 8 mile bike ... 2 mile run

<http://vttrunners.com/micro-triathlon>

Cost: \$100 registration fee covers sign-up for five participants for the triathlon who are listed below. If more than 5 participants are listed, include \$20 per person with your request form (use back of form if needed). Addl participants will be able to register on the day of event or on line (URL will be emailed).

DATE(S) REQUESTED: _____ GROUP NAME _____

- Prize: N/A. Event fees will cover rental of Williams Wharf facility.
- Schedule: Meet at Williams Wharf transition area 8:00-8:30am to set up your transition area. Race instruction/ course overview/ registration will start promptly at 8:00am and end at 8:30am. The triathlon will start shortly after.
- Timing: Split times (including transition times) will be provided during optional post-race debrief and via email.
- Important: Event support at Williams Wharf only. Signed waiver will be required along with entry fee.
- Mail request form with payment to VTTR, 272 Brush Neck Road, Port Haywood, VA 23138.

Confirmation of request will be emailed to first person listed below.

| First & Last Name | Age | Male/ Female | Agree to Waiver (Y/N) | Email Address (optional) | Signature |
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WAIVER OF LIABILITY: Participant understands that he/she is subject to the school and council rules of conduct and sportsmanship. The undersigned acknowledges that neither the Virginia Tidewater Trailrunners LLC, nor the Mathews Land Conservancy provide any registrant medical or hospitalization insurance whatsoever, and hereby waives any and all claims against the Virginia Tidewater Trailrunners LLC, Mathews Land Conservancy, or any other person affiliated with these entities and sponsors for injuries sustained while watching or participating in this event or traveling to and from event. I also agree that photographs taken of my child or me while participating in this activity may be used for publicity purposes.



Virginia Tidewater Trailrunners Sponsored Event
www.vttrunners.com – vttrunners@gmail.com