

J.R. Holder Wellness Center Fall Indoor Triathlon

LOCATION:

The Indoor Triathlon will take place inside J.R. Holder Wellness Center which is located on the college campus in Alva, OK.

DATE/TIME: –Saturday, November 21st, 2009. Front Doors will open at 7:15 a.m. the day of the race. First heat will begin at 8:00 a.m. Heat orders/times will be posted Wednesday, November 18th at the Wellness Center and online.

PRE-REGISTRATION: (November 2nd – November 15th)

*Each participant must complete a separate application and return the application to the J.R. Holder Wellness Center front desk.

*There will be a separate team registration form that team participants must fill out.

*Please make checks payable to the J.R. Holder Wellness Center. If you are mailing an application and money please put ATTN: Shawna Copenhaver, 709 Oklahoma Blvd., Alva, OK 73717.

AWARDS: (Overall Male & Female Winner)

Top 3 Winners in each Division: Men’s Community Division, Men’s College Division, Women’s Community Division, Women’s College Division, and the Team Division.

*At the conclusion of the day, an awards ceremony will be held shortly after the completion of the last heat. Random prize drawings will be given away and medals awarded to winning participants.

FOR QUESTIONS:

Please contact or Lendi Gourley at ldgourley@nwsu.edu or Shawna Copenhaver at sacopenhaver@nwsu.edu.

Northwestern Oklahoma State University Indoor Triathlon REGISTRATION FORM

NAME:	AGE:	DATE OF BIRTH:	EMAIL ADDRESS:
STREET ADDRESS, CITY, STATE, ZIP:		PHONE:	MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>

- Individual Student/Member (Must be 18 years of age or older)..... \$15
Shirt Size: Small Med Large X-Large
- Individual Non-member (Must be 18 years of age or older)..... \$30
Shirt Size: Small Med Large X-Large
- Team Student/Member (Must be 18 years of age or older)..... \$35
Shirt Size: Small Med Large X-Large
- Team Non-member.....\$40
Shirt Size: Small Med Large X-Large
***Each member needs to fill out a form. Price is \$35/\$40 for each team, NOT each team member.

Total Amount Enclosed..... \$ _____

THIS ENTRY FORM AND RELEASE FORM IS A CONTRACT WITH LEGAL CONSEQUENCES. READ IT CAREFULLY BEFORE SIGNING.

I know that participating in a triathlon is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I also assume any and all other risks associated with swimming, biking, and/or running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, and the condition of the track, all such risks being known and appreciated. I am fully aware that allowing someone else to wear my race number, switching race numbers or running under a false name is a fraudulent act and I agree not to do this. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant, not to sue, and unconditionally waive and release and discharge the J.R. Holder Wellness Center, race officials, volunteers and any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. Applications for minors will be accepted only with a parent or guardian’s signature.

MUST BE SIGNED & DATED HERE TO PARTICIPATE: _____
(Signature of parent or guardian required if entrant is younger than 18 years of age.)