



Stowe Triathlon

500M Pool Swim • 13.7 Mile Bike • 5K Run

DATE Sunday • May 20, 2012
TIME 8:30am Start
PLACE The Swimming Hole in Stowe, VT
75 Weeks Hill Road, just off the Mountain Road (Route 108)

REGISTRATION FEES

\$52.50 - Individual
\$125 - Team of Two or Three

REGISTRATION DEADLINES

Friday, May 18, 2012 • 8:00am
*To guarantee T-shirt entry must be received by May 1, 2012.
No Race Day Entries*

QUESTIONS?

Email frontdesk@theswimmingholestowe.com or call 802.253.9229
Registration fees are non-refundable.
Check out our website at www.theswimmingholestowe.com for course maps
& winning results from our last event.

EVENT DETAILS

7:00 - 8:00am Race Packet Pickup • Registration Tent
8:00am Race Meeting • Registration Tent
Check your heat number & lane
8:30am **START** • Front Door
Pool Swim • 500M, Timed Heats
Bike • 13.7 Miles, Pursuit Format

*(Each person will start at the exact time their swim time appears on the main race clock.
The main clock will start 5 minutes after the last person exits the pool in the last heat.
If you swam 9:38, then you'll 'start' when the main clock says 9:38)*

Run • 5K

PRIZES

CASH Prizes to First Male & Female Overall • Product Prizes to Top Team Finishers & 1st Place in Each Category • Product Prize to Fastest Male & Female Swimmer
Awards will follow shortly after the last finisher. Brought to you by these great sponsors, and more...

REGISTRATION FORM - STOWE TRIATHLON 2012

Completed application and payment postmarked by May 16, 2012 to:

MAIL: The Swimming Hole • 75 Weeks Hill Road • Stowe, Vermont 05672

FAX: 802.253.9119 *(copies accepted)*

Individual \$52.50

Team \$125 *(Each team member must complete this form & submit them together with their team-mates forms.)*

- MY EVENT** Swim Bike Run
- GENDER** Male Female
- AGE** 15-21 22-29 30-39 40-49 50-59 60+
- T-SHIRT SIZE** Small Medium Large X-Large

NAME _____

TEAM NAME *(if applicable)* _____

HOME ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

PHONE # _____

EMAIL _____

500 METER SWIM TIME *(approximate - Time will be used to seed swimmers)* _____

(NO swim time entry submission will not be accepted, writing "SLOW" for your time will not get you in either, time yourself & list your time.)

Conversion Formula • 500 yard swim time _____ / .9049 = your 500 meter time

PAYMENT \$ _____ **CHECK ENCLOSED PAYABLE TO THE SWIMMING HOLE** *Registration fees are non-refundable*

VISA **MC** **AMEX** **CC#** _____ **exp** _____

EMERGENCY CONTACT _____ **PHONE #** _____

RELEASE OF LIABILITY & ASSUMPTION OF RISK

I wish to use the facilities and equipment and engage in activities at The Swimming Hole. I also wish to allow guests and my child or children and other minors to use the facilities and equipment and engage in activities. Use of the word "I" in this document means and includes me individually and as parent, guardian, or supervisor on behalf of such child or children, minor, or guest.

I am aware that using the facilities and equipment and engaging in activities at The Swimming Hole involve risks of injury, disability, and death by drowning and other causes. I hereby assume all risks and accept full responsibility for any such injury, disability, or death.

I attest that I am physically fit without any medical or health problems. I have arranged for medical insurance coverage and such life insurance as I deem necessary or advisable.

I hereby release and absolve The Swimming Hole and all employees, agents, officers, directors, and other persons involved in any way with The Swimming Hole from any and all liability for injury, disability, death, or other loss incurred by me or any such children, minors, or guests using the facilities and equipment and engaging in activities at The Swimming Hole, except that this release shall not apply to wilful malfeasance or intentional wrongdoing by The Swimming Hole. I covenant not to commence any lawsuit or take any other proceeding or action against The Swimming Hole or any employees, agents, officers, directors, and other persons for any such liability, each and all of whom I agree to indemnify and hold harmless from all costs and expenses, including reasonable attorney's fees, they may incur in the event any such lawsuit, proceeding, or action is taken.

I understand that by signing the release of liability, I am waiving substantial rights, and I do so voluntarily with full knowledge of the significance of this document.

SIGNATURE (ADULT) _____ **DATE** _____

SIGNATURE (MINOR) _____ **DATE** _____

PRINT _____