

# MAC Dash Sprint Triathlon

Event Date: September 12, 2009

Name \_\_\_\_\_ Sex **M / F**  
*Last First circle one*

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_

DOB \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Shirt size: **XXL** \_\_\_\_ **XL** \_\_\_\_ **L** \_\_\_\_ **M** \_\_\_\_ **S** \_\_\_\_  
*mm dd yyyy*

Emergency contact name \_\_\_\_\_

Emergency contact phone (\_\_\_\_) \_\_\_\_\_

Estimated 500 yard swim time (minutes) \_\_\_\_\_

Is this your first triathlon? Yes / No *circle one*

## Individual Divisions

**Sprint Triathlon** **\$45**

## Team Divisions

<input type="checkbox"/>	<b>All Male Sprint Triathlon</b>	<b>\$35 per person</b>
<input type="checkbox"/>	<b>All Female Sprint Triathlon</b>	<b>\$35 per person</b>
<input type="checkbox"/>	<b>Coed Sprint Triathlon</b>	<b>\$35 per person</b>
<input type="checkbox"/>	<b>Family Sprint Triathlon</b>	<b>\$35 per person</b>

Must be at least 14 years old to participate as an individual and at least 10 years old to compete on a team.

### Make checks payable to:

**MAC Dash**

### Mail registration and payment to:

**MAC Dash**  
1195 SE Kemper Way  
Madras, OR 97741

Team Name (required unless entering solo)

I am the team:

\_\_\_\_ swimmer \_\_\_\_ cyclist \_\_\_\_ runner

**Each team member must complete an entry form. Be certain to put your team name on each form and mail together if possible.**

## WAIVER

I acknowledge that a multi-sport event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THIS EVENT. I certify that I am capable of completing all disciplines of this event that I attempt, and that I am physically fit and have sufficiently trained. I agree to abide by the competitive rules. I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I hereby waive, release and discharge from any and all claims, losses or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, or theft which may arise out of or relate to my participation in this event. I agree not to sue, and to hold harmless any and all persons, organizers, sponsors, volunteers, participants or government agencies for any and all claims or liabilities that I have waived, released or discharged herein.

I have personally inspected all equipment that I am using and have determined that it is in suitable condition and accept full responsibility for its' use. I understand that this course is open to normal road traffic and agree to obey all local traffic laws. Further, I hereby grant full permission to any and all of the foregoing to use photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising. **I further agree to return my issued timing chip at the finish or I agree to pay a \$30 chip replacement fee.** The entry fee is non-refundable and non-transferable. A parent or guardian must sign for all persons under age 18.

**X** \_\_\_\_\_  
Participant signature

**X** \_\_\_\_\_  
Parent or guardian signature if under age 18