



MASLOWSKI
WELLNESS AND RESEARCH CENTER



Beginner Triathlon

Registrant's Information

Please Print Clearly

Name: _____ Age: _____

Address: _____

E-mail: _____

City: _____ State: _____ Zip: _____ Phone: _____

Release Statement – Please read and sign

In consideration of being permitted to participate in the triathlon event on June 18th, 2016 known as Tri-Wadena. I release, discharge and covenant not to sue Tri-Wadena, or its officers, sponsors, advertisers, or the owners and lessees of the premises on which the triathlon is conducted, and each of them and their respective officers and employees (all referred to collectively as "Releases"), from any and all liability to me or to my personal representatives, heirs, assigns or next of kin, and from all loss or damage, and any claim or damage, on account of injury to person or property or death.

Signature

Date

Registration fee: \$30 per participant (nonrefundable)

Registration is limited to participants 14 years of age or older on race day. Race will be held rain or shine. Please be prepared to bring a support person to count swim laps. Bike helmets required! Check out www.triwadena.org for more information including ideas on suggested gear!

T-Shirt Sizes:

Registrations complete after May 26 may not receive shirt size requested

____ Small ____ Medium ____ Large ____ XL ____ 2XL ____ 3XL

Return form with fee to:

Maslowski Wellness and Research Center
Attn: Lisa Anderson
17 5th Street SW
Wadena MN 56482