



Whether you're an experienced triathlete looking for a casual, local event, or a newbie wondering if you've got what it takes, join us for the 2nd annual B.I. tri!

Race course includes a ½-mile open water swim in Blakely Harbor*, followed by a 12.5-mile bike ride and 3.5-mile run on the south end of the island.

In addition to being a bit longer and a bit hillier than last year, this year's event promises to be even bigger and better – with entry for up to 300 individuals and/or teams and the finish line at Lynwood Center, for the Taste of Lynwood festival.

Please visit www.island-fitness.com for more details on race route and registration.

When: Saturday, September 17th, race kick-off at 9:00am

Where: In and around Blakely Harbor and the south end of the island

Cost: Individual: \$60 through Sept 15th (\$75 on race day)

Relay team: \$75 (mixed gender OK) through Sept 15th (\$90 on race day)

Contact: Lisa Timmins, traintotri@island-fitness.com

**Please note that due to water temperature, a wetsuit is strongly recommended.*

Registration Form

Name (indiv or team captain):	<input type="checkbox"/> Indiv (\$60/75)	Gender: M / F	Age:
What type of bike will you be riding: Road / Hybrid / Mountain / Recumbent	<input type="checkbox"/> Team (\$75/90)	Division: Elite / Recreational / Rookie	Gender: All M / All F / Mixed
Contact e-mail:	Amt pd:	Payment method:	Date pd:
Contact phone:			
Signature of Participant (parent/guardian signature required if under 18) – Please see waiver on reverse.			

Waiver and Release from Liability

In consideration of being allowed to participate in any way in the Bainbridge Island Triathlon (the Event) and related activities, as sponsored and organized by Island Fitness (the Club) and BuDu Racing, LLC (the Event Manager), the Participant acknowledges, appreciates and willingly agrees that he/she will be engaging in activities that involve risk or serious injury, including permanent disability and death, and severe social and economic losses which may result not only from his/her own actions, inactions or negligence but the action, inaction or negligence of others, or the condition of the Event premises or of any equipment used. Further, the Participant accepts personal responsibility for the damages following such injury, permanent disability or death. The Participant knowingly and freely assumes all such risk, both known and unknown, even those arising from the negligent acts or omissions of others, and assumes full responsibility for his/her participation.

The Participant further agrees that when engaging in any physical exercise or activity, such as for the Event, he/she shall assume any and all risk of injury, including but not limited to physical injury, contraction of an illness and development of a new medical condition or aggravation of an existing one. The Participant also agrees that he/she is responsible for consulting with a physician regarding personal physical limitations and restriction of activities prior to engaging in the Event, and the Club and Event Manager are not liable for any injury resulting from a failure to consult. The Participant agrees that he/she is assuming all risk of any damage, theft, destruction, or loss of any personal property, which he/she or guest may bring to the Event premises. The Participant agrees on behalf of himself/herself and personal representatives, executors, administrators, heirs, agents, and assigns to release and discharge Club and Event Manager and its owners, affiliates, employees, officers, agents, representatives, successors and assigns from any and all causes of action arising out of the Club and Event Manager's negligence.

Further, the Participant understands and agrees that he/she will use the Event facilities at his/her own sole risk and that the Club and Event Manager shall not be liable for any injuries or any damage to any Client or the property of any Client, or be subject to any claim, demand, injury, or damages whatsoever, including without limitation, those damages resulting for any acts of active or passive negligence on the part of the Club and Event Manager, employees, or owners. The Client, for him/herself, and on behalf of his/her personal representative(s), assigns and successor(s), does hereby expressly forever release and discharge the Club and Event Manager, its successors and assigns, as well as its employees, other members, and owners, from and any and all such claims, demands, injuries, damages, suits, or action(s) whatsoever.

I, the undersigned Participant, have read this release of liability and assumption of risk agreement, fully understand its terms, and sign it freely and voluntarily without any inducement.

Printed Name of Participant

Participant's Signature (including minors)

Date

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to indemnify and hold harmless the releases from any and all liabilities incident to my minor child's involvement or participation in these programs above, even if arising from their negligence, to the fullest extent permitted by law.

Parent/Guardian Signature (required if participant is under 18)