



What: **Sprint Triathlon**- 5K run, 15 mile bike ride, 500 yard swim

When: **Saturday, August 20, 2016 - 9:00 a.m.**

Where: Begin with a 5K run from the Cresco Fitness Center through town and on the surrounding trails around Cresco, finishing with a 500 yard swim in the CFC's indoor swimming pool.

If you have any questions please call Becky Creger at (641)330-3830 or TJ Casper at 563-880-0023

Or email cfcspintriathlon@gmail.com.

Please mail registration forms to the Cresco Fitness Center. Make checks payable to "Cresco Fitness Center" Memo "CFC Sprint Triathlon".

316 3rd Ave E, Cresco IA 52136

~VISIT US ON FACEBOOK!~

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Name _____ Gender _____
 Address _____ Age _____
 Email Address _____ Phone # _____
 Name (use for teams) _____ Gender _____
 Address _____ Age _____
 Email Address _____ Phone # _____
 Name (use for teams) _____ Gender _____
 Address _____ Age _____
 Email Address _____ Phone # _____
 Emergency Contact _____ Relation _____ Phone# _____

- ____ Individual - \$30 (**\$40 after August 1**)
- ____ 2 Person Team -\$50 (**\$60 after August 1**)
- ____ 3 Person Team -\$65 (**\$75 after August 1**)

*All registrations received by **August 1** will get a Dry-fit T-shirt.

Women's: ___S ___M ___L ___XL ___XXL Men's: ___S ___M ___L ___XL ___XXL

Please indicate how many at which sizes for teams.

The purpose for the Cresco Fitness Center Sprint Triathlon is to encourage and promote healthy and active living. The Cresco Fitness Center hopes to bring awareness to the many opportunities available for you and your family to stay active together! We want this to be a fun, family event, but we also have the hearts of racers! Therefore, there will be three classes:

1. Competitive Individual (for the “racers” out there)
2. Recreational Individual (those who aren’t as concerned about time)
3. Teams. We will allow teams of 2 or 3, but each event must be completed.

Packet pick-up and same day registration will be day of triathlon starting at **7am**. Shirts are not guaranteed for same day registration.

Medals will be awarded to the top three in the Individual Competitive and the top three Teams. The proceeds will go towards purchasing new equipment for the Cresco Fitness Center. **HAPPY RACING!!!**

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I hereby assume full responsibility for any risk, implicit or direct, in connection with participation in any activities at the Cresco Fitness Center. I acknowledge that I have received advice from my doctor that I am capable of physical activity such as that provided, or that I will seek advice, or that I assume the risk of proceeding without such advice. I further acknowledge that I have been informed that if I have a history of heart disease that I should consult a physician before proceeding with the agreement.

I hereby waive, release, and forever discharge the Cresco Fitness Center, its employees, and the City of Cresco, and all others from any and all responsibility or liability from:

~injuries ~illnesses ~damages resulting from participation ~or loss of personal property while participating in any activities at the Cresco Fitness Center whether indoors or outdoors, supervised or unsupervised. I declare that I have read, understand, and agree to the contents of this Waiver of Liability Statement in its entirety.

By enrolling/registering myself or child in a Cresco Fitness Center event, I am consenting to the use or reproduction of myself or my child’s likeness, name, artwork, design or creation on any promotional materials, schedules, or other printed or electronic media, including dissemination by electronic means.

Print name: _____

Signature: _____ Date: _____

Parent Signature (for participants under 18 years) _____

Print name: (if racing in teams) _____

Signature: _____ Date: _____

Parent Signature (for participants under 18 years) _____

Print name: (if racing in teams) _____

Signature: _____ Date: _____

Parent Signature (for participants under 18 years) _____