

## TRI-4-FUN Triathlon Registration Form



Select Tri-4-Fun Events You Are Registering For (check all that apply, \$20 per event):

- 1) \_\_\_\_\_ Sunday, May 16<sup>th</sup>      2) \_\_\_\_\_ Sunday, June 6<sup>th</sup>  
3) \_\_\_\_\_ Sunday, July 25<sup>th</sup> (Tri-4-Fun Series Celebration at Mock Orange following event)

### Team or Individual?

\_\_\_\_\_ Individual

\_\_\_\_\_ Relay Team: Team Name \_\_\_\_\_

A form must be filled out for each team member and all team registrations must be submitted at the same time.

### Personal Information:

Name \_\_\_\_\_

Street Address \_\_\_\_\_

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

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

Gender (circle one): M / F      Date of Birth : \_\_\_\_\_

100 Meter Swim Time (Minutes:Seconds): \_\_\_\_\_

Emergency Contact: Name & Phone \_\_\_\_\_

Waiver  
Signature \_\_\_\_\_ Date \_\_\_\_\_

\* By signing above, I know that participating in a triathlon is a potentially hazardous activity. I would not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official or volunteer relative to my ability to safely complete this event. I assume all risks associated with participating in this race, including, but not limited to: falls, contact with other participants, the effects of weather, heat and humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release and will hold harmless Fleet Feet Sports, Mock Orange Bikes, the YMCA, USAT, all other sponsors, and all event employees, officers, directors, and volunteers working for those entities from all claims and liabilities of any kind, including claims negligence, arising out of or related to my participation in this race. I understand that I may not wear headphones or use or participate in the event with a pet, baby jogger, or skates. **I am aware that this event is non-timed and considered non-competitive and that my time will not be recorded. I am aware that this is not a closed course and I am responsible to follow all traffic laws and road rules. I am aware that I am responsible for myself and my own safety.**

**TRI-4-FUN Triathlon Series**  
**Sign up for 1 race or all!**  
**Sunday, May 16<sup>th</sup>, June 6<sup>th</sup>, & July 25<sup>th</sup>, 3:00PM**  
**Non-Competitive. Simply for fun.**

**200 Meter Pool Swim**  
**10 Mile Bike**  
**5K Run**

It's back! Tri-4-Fun for 2010 is expanding to not one, but THREE super-fun events! Mock Orange Bikes is proud to bring you a low-key training opportunity or to just encourage you to give triathlon a try! The TRI-4-FUN Series offers three non-competitive, sprint triathlons. You can choose to register for one, two, or all three. The events will be set up like the real deal- but you will not wear a chip, it is not competitive (no one cares about your time but you) and there are no prizes. It's all about celebrating the sport of triathlon and having fun!

- Register in-person at Mock Orange Bikes or by mail. \$20 entry fee, cash or check payable to Mock Orange Bikes.
- **Mock Orange Bikes**  
**492 West End Blvd**  
**Winston Salem NC 27101**  
**336-722-6678**
- Fee covers cost of race operations and logistics, equipment needs, and post-race party.
- Participants will be 'stop-watch timed' at each event, so that those that are participating in more than one Tri-4-Fun event can track their progress.
- **Must be 18 years of age or older to participate (sorry- insurance rules).**
- Can register as an individual or a relay team (2-3 participants).
- Course is not closed to traffic; participants are responsible for their own safety and for obeying traffic laws.

### TRI-4-FUN Schedule:

- 2:00-2:45PM Transition set-up at the William G. White Family YMCA.
- All participants will receive a race bib, signifying that they are a registered, paid participant.
- 2:45PM Pre-race meeting in pool area.

- 3:00PM Race begins.

**TRI-4-FUN Triathlon**  
**Sunday, May 16<sup>th</sup>, June 6<sup>th</sup> & July 25<sup>th</sup>, 3:00PM**  
***Non-Competitive. Simply for fun.***

How the race works:

**Swim:** 200 meter swim in YMCA pool. On the registration form, participants are asked to submit their 100 meter swim time. Participants will be seeded in groups of 12. All 12 swimmers will start at the same time and swim 4 laps, all within 1 lane (2 swimmers will split a lane). Participants are responsible for counting their own laps. At the end of 4 laps swimmers will exit the pool and proceed to transition for the bike leg. Once all 12 swimmers finish, the next set of 12 swimmers will start. This method will help us spread out participants during the bike leg so there is not too much congestion on the bike course.

**Bike:** Participants will ride a 3-loop, 10 mile course through the Buena Vista neighborhood. The roads are not closed to traffic and there will be no police support at intersections. Participants are responsible for following traffic rules and minding their own safety. Helmets are required. Mock Orange Bikes will offer bike course support.

**Run:** Participants will run a 3-loop, 3.1 miles run around Hanes Park.

**Transition Area:** You will set up your transition area just like any other triathlon. We will have bike racks for you to rack your bike. Only difference is the racks will not be numbered- they are first come, first serve on bike placement. 6 bikes per rack will be allowed.

**Informal Timing:** Participants will be informally timed by stop-watches. This will allow you to see your progress throughout the series.

**Post-Race Party:** Following the July 25<sup>th</sup> event, anyone that participated in any of the three Tri-4-Fun events will be invited to join us at a celebration party at Mock Orange Bikes. Refreshments will include beer and pizza. Non-participants can join the party for \$5/person (cash/check only). Race participants will also receive an exclusive TRI-4-FUN stadium cup to commemorate this event!



**TRI-4-FUN Triathlon Series**  
**May 16<sup>th</sup>, June 6<sup>th</sup>, & July 25<sup>th</sup>**  
***Non-Competitive. Simply for fun.***  
**200 Meter Pool Swim**  
**10 Mile Bike**  
**5K Run**

Produced by:



Sponsored by: