



Dare to TRI Indoor Triathlon

Saturday, April 7, 2018

Hampshire Wellness & Fitness Center

Starts at 8 A.M., with staggered start times in groups of 5

Assigned start times will be posted by April 3

Pre-registration required by March 31 *(see reverse side)*

Entry Fee: Member \$15.00; Guest \$25.00 *(Fee includes T-shirt)*

Course: 30 minute Ride: Cycling in the group exercise studio

20 minute Run (or walk): Treadmill (no hands policy)

10 minute Swim: Pool (5 pt. deduction for walking)

Participants are ranked in each event. Winner is determined by combined ranking.

For more information please call 304-822-7255.

 **ValleyHealth**
Hampshire Wellness & Fitness

Hampshire Wellness and Fitness

Dare to TRI Indoor Triathlon

Registration

Pre-Registration REQUIRED by 3/31/18

Name: _____

Age: _____ Gender: Male Female

Shirt Size: S M L XL XXL

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Amount Enclosed: _____

Please make checks payable to: Hampshire Wellness & Fitness

You will be notified of your start time.

Mail to: Hampshire Wellness & Fitness Center, 68 Heritage Circle, Romney, WV 26757

Waiver: I hereby release from liability Hampshire Wellness & Fitness Center, East Mountain Health Advantage, LLC, subsidiaries and affiliates, together with their respective officers, trustees, employees, agents, successors, and assigns, from and against any claims, damages, demands, rights of action or causes of action in said race; all sponsors, race officials and any person affiliated in anyway with the Hampshire Wellness and Fitness Triathlon for any injury or ailment resulting from my participation in the above stated race. I further state that I have prepared and understand the challenge of completing such an event.

Signature: _____ Date: _____