

# LakeSide Triathlons 2011

## ENTRY & RELEASE FORM

Please Check One:

**Team Triathlon**  
 **Age**  
(July 18, 2011)

**Youth Triathlon**  
 **Age**  
(July 19, 2011)

**Individual Triathlon**  
 **Age**  
(August 1, 2011)

Name \_\_\_\_\_ Age \_\_\_\_\_

Lakeside Address \_\_\_\_\_

Telephone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Home Address (if different) \_\_\_\_\_

City/State/Zip \_\_\_\_\_

T-shirt Size (Circle One):

Youth M L

Adult S M L XL

Team Members (if applicable): PLEASE PRINT

Swimming \_\_\_\_\_

Cycling \_\_\_\_\_

Running \_\_\_\_\_

I, for myself, my executors, administrators, and assignees, do hereby release and discharge the Lakeside Association, its Board of Trustees, managers, employees, and/or Triathlon organizers, from all claims of damages, demands, action whatsoever in any manner arising or growing out of my participation in the said athletic event. I attest and verify that I have full knowledge of the risk involved in the event, and that I am physically fit and sufficiently trained to participate in the event.

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

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent or Guardian must sign if participant is under the age of 18.)

