



VALLEY WELLNESS CENTER

INDOOR TRIATHLON

WHEN: SATURDAY MARCH 14TH, 2020

7:30AM REGISTRATION 9:00AM FIRST WAVE

WHERE: VALLEY WELLNESS CENTER

4415 INNOVATION WAY ALLENTOWN, PA 18109

**COST: \$20 Ages 12-17 (Members) \$25 FOR MEMBERS,
\$35 FOR NON-MEMBERS**

REGISTRATION DEADLINE: TUESDAY MARCH 10TH, 2020

**Non- USAT members must pay an additional \$15 for a one-day
USAT pass**

USAT Number: _____ Expiration Date: _____

For more information contact info@valleywellnesscenter.co

Registration Form

First name: _____ Last name: _____

☐ Male ☐ Female Age on 12/31/20: _____ Weight: _____

****Needed for bike scoring**

Email: _____ Phone: _____

Street address: _____

City: _____ State: _____ Zip: _____

T-shirt size:

☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Payment:

- ☐ Account on File: (Members Only)
☐ Credit Card: ☐ VISA ☐ MC ☐ DISCOVER

Name on Card: _____

Credit Card Number: _____

Expiration Date: ____/____/____ CVV: _____

- ☐ \$20 (12-17 Member) ☐ \$25 (VWC Member) ☐ \$35 (Non VWC Member) ☐ \$15 USAT One-Day Pass

Total Amount: _____

- ☐ I authorize payment in this amount.

How it works:

VALLEY WELLNESS CENTER INDOOR TRIATHLON Join us for our 60-minute indoor triathlon! The event is a sanctioned USAT event in partnership with USA Triathlon. Different than a traditional triathlon, each participant will have a set amount of time to swim, bike, and run with allotted transitions between activities. Fun and pressure-free, this event is great for both experienced triathletes and those competing in their first race. • 10-minute swim in a 25 yard lap pool • 30-minute bike on an indoor cycling bike • 20-minute run on a treadmill

Registration: 7:30am First Heat: 9:00am Location: Valley Wellness Center Allentown, PA
Registration Fees: All Non-USAT members must pay an additional \$15 for a one-day USAT pass \$20 for members ages 12-17 \$25 for VWC Members \$35 for Non- VWC Members **Race availability is limited, fees are non-refundable**. Each participant will receive a USA Triathlon swim cap, drawstring backpack, swimming goggles, finisher medal and VWC t-shirt! • For any questions or comments related to the Indoor Triathlon please contact: info@valleywellnesscenter.co

Wish to be a Volunteer? Volunteers are needed from lap counters to bike and run recorders. Send an email to info@valleywellnesscenter.co if you want to volunteer. Volunteers will receive a finisher's t-shirt! **VALLEY WELLNESS CENTER INDOOR TRIATHLON HOW IT WORKS:**
THE TRIATHLON At your designated start time, athletes will begin with a 10-minute swim in the indoor pool. Shift gears and spend the next 30 minutes cycling in the Spin Studio. Then race toward the finish line with 20 minutes on the treadmill (2nd floor fitness center). **THE TRANSITIONS** Athletes are allowed 7 minutes to safely change from the pool to the cycling and 3 minutes to move from cycling to the treadmill. **THE SCORES** Race volunteers record the total distance covered during your swim, bike and run. The more distance you cover, the higher your

score. The indoor triathlon is based on time rather than distance — meaning you receive points for going further in a specific period of time, not going faster over a fixed distance. The total event lasts for 75 minutes (60 minutes race time), consisting of: Swim: 10 minutes Transition 1 (Swim to Bike): 7 minutes (from the pool to spin studio) Bike: 30 minutes on an indoor bike (Spin Studio) Transition 2: 3-minutes (move from the spin studio to treadmills) Run: 20 minutes on a treadmill RACE DAY: Free Parking! Check-in table opens at 7:30am. Post Race Snacks Locker Rooms Available Bring your own towel and other personal items. Meeting location is Turf room on first floor.

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION of USA Triathlon ("USAT") allowing me to participate in any USAT sanctioned event (the "Event" or "Events") as either a member of USAT or through the issuance of a single event license or permit; I, for myself, and on behalf of my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event.
2. I understand and acknowledge the physical and mental rigors associated with triathlon, duathlon, or other multi-sport events, and realize that running, bicycling, swimming and other portions of such Events are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; accidents, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined risks and dangers which may not be readily foreseeable or are presently unknown ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.
3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USAT and the Guide to Prohibited Substances and Prohibited Methods of Doping adopted by the United States Anti-Doping Agency. I also accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USAT, the Event Owners, Organizers and Promoters, Race Directors, Sponsors, Advertisers, Host Cities, United States Olympic Committee (USOC), Local Organizing Committees, Venues and Property Owners upon which the Event takes place, Law Enforcement Agencies and other Public Entities providing support for the Event, and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorney's fees) of any kind or nature ("Liability") which may arise out of, result from, or relate to my participation in the Event, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim.

I hereby warrant that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as

confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

NAME OF PARTICIPANT (PRINT): _____ Date: ____ / ____ / ____

SIGNATURE OF PARTICIPANT: _____

SIGNATURE OF PARENT/ LEGAL GUARDIAN IF UNDER 18:

_____ Date: ____ / ____ / ____