

City of Portland Parks & Recreation Presents

**RUN, PADDLE & ROLL**



**1st Annual Triathlon  
Saturday, July 4, 2009  
Starts at 8:00 am—Thompson Field**



- \***Registration deadline Monday, June 15, 2009—In order to guarantee T-shirt.**
- \*A team of two people is required (Must be at least 15 years of age to participate)
- \*Event consists of 1.65 Mile Run, 2+ Mile Canoe, 6 Mile Bicycle (Estimates)
- \**Will need to provide your own bicycle.*
- \*A t-shirt will be provided for registrants.
- \*Prizes awarded for top finishers.
- \*Registration Team fee of \$40.00 must be paid at time of application.  
(Must have a minimum of 12 teams for event to occur. **Triathlon limited to 20 Teams**)

**RETURN COMPLETED FORM AND MONEY TO CITY HALL, 259 KENT ST, PORTLAND, MI 48875  
INFO ALSO AVAILABLE AT [www.portland-michigan.org](http://www.portland-michigan.org) or call Mary at 647-7985.**

Team Member 1: \_\_\_\_\_

Age: \_\_\_\_\_ Circle one: Male or Female T-shirt size: XS S M L XL

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone #: \_\_\_\_\_

Team Member 2: \_\_\_\_\_

Age: \_\_\_\_\_ Circle one: Male or Female T-shirt size: XS S M L XL

Address: \_\_\_\_\_ City: \_\_\_\_\_

Phone #: \_\_\_\_\_

Liability Waiver: I hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against the City of Portland, their respective agents or any facility used for this recreational program, for any and all injuries which may be suffered by my dependents in connection with my participation in said program. I further represent that I carry medical-hospital insurance and I understand that the City does not provide such insurance coverage for me.

Team Member 1 Signature: \_\_\_\_\_

Team Member 2 Signature: \_\_\_\_\_



