

City of Portland Parks & Recreation Presents

RUN, PADDLE & ROLL



2nd Annual Triathlon
Sunday, July 4, 2010
Starts at 8 am (2nd heat may be necessary)
Thompson Field



***Registration deadline Monday, June 14, 2010—In order to guarantee T-shirt.**

*A team of two people is required

*Event consists of 1.5 Mile Run, 3 Mile Canoe, 4.5 Mile Bicycle (Estimates)

**Will need to provide your own bicycle BUT canoe is provided.*

*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)

RETURN COMPLETED FORM AND MONEY TO CITY HALL, 259 KENT ST, PORTLAND, MI 48875
INFO ALSO AVAILABLE AT 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 #: _____ Email: _____

Team Member 2: _____

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

Address: _____ City: _____

Phone #: _____ Email: _____

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: _____