

Homer Mariner Ironman Triathlon

Saturday, August 31st 2013

Entry Fees: Ironman \$50 (includes Tee Shirt)
Team \$100 (includes 3 tee shirts)

All proceeds benefit Homer HS Swim/Dive Team

Course: 1000 yard swim, 15 mile bike; 5 mile run

Teams will compete relay style and there will be intermediate starts; (the official start of the bike leg will be the finish of the swim, etc.)

Start times will be circle seeded by swim times, two swimmers per lane.

The pool will be available for warm-up at 7am---**Race starts at 8am.**

Prizes will be awarded in various age, gender, and team categories as soon as results are tabulated..

Register Online at www.runningintheusa.com

Link...Homer Mariners

If paying by check:

Please make checks payable to 'HHS Mariner Swim Team'

Mail to: Homer High School Triathlon
Kate Kuhns Aquatic Center
600 E. Fairview Avenue, Homer Alaska 99603
Or fax to: 907-235-8933 (payment due prior to race start)

Registration Deadline: 8-24-2013

Day of Race registrations will be accepted starting at 7am at Kate Kuhns Aquatic Center (HS Pool). However fees will be \$55 for Ironman and \$115 for teams. Tee shirts for late registration will not be guaranteed.

For more information:

Race Coordinator: Anita Harry: aharry@kpbsd.k12.ak.us or 907-399-8032

Homer Mariners Ironman Triathlon Registration Form

Ironman participant printed name

1000 free time

age

gender

tee size

phone

Or Team Registration:

Swimmer

1000 free time

age

gender

tee size

phone

Cyclist

age

gender

tee size

phone

Runner

age

gender

tee size

phone

Team Name

The undersigned, as participant or as parent or legal guardian of a participant in the Homer Mariner Ironman Triathlon sponsored by the KPBSD, recognizes that this race might involve physical activities that could result in injury or personal property damage. Knowing that there can be a risk of injury or personal property damage the participant agrees to full responsibility for any and all reasonable risk to himself/herself and will release, waive and hold KPBSD and employees, agents, volunteers harmless of any and all actions, causes of actions, claims, demands, personal injuries and property damage that might arise for the participant's involvement in this race.

If the participant is a minor child, the undersigned parent or legal guardian consents to said minor participating in the race and authorizes the organizers and volunteers to obtain any and all necessary emergency medical care or treatment for the minor child, if reasonable attempts to notify the parent or legal guardian are unsuccessful.

Ironman Participant Signature

Guardian's Signature (if under 18 years old)

Or Team:

Swimmer Signature

Cyclist Signature

Runner Signature

Under 18 Swimmer Guardian

Under 18 Cyclist Guardian

Under 18 Runner Guardian

Emergency Name/Phone:

email: