

Reverse the Cycle **SPRINT TRIATHLON**

Saturday, June 18th, 2016

Smith Lake Park

3 MILE RUN – 7-10 MILE BIKE – 200 YD POOL SWIM (ADULT)
1 MILE RUN – 2 MILE BIKE – 50 YD POOL SWIM (CHILD)

ENTRY FEES:

\$40 Individual
\$50 after May 21, 2016
(\$60 on day of race*)

\$70 Team Relay
\$80 after May 21, 2016
(\$90 on day of race*)

\$25 Child (up to 15yrs old)
\$35 after May 21, 2016
(\$40 on day of race*)

(*no t-shirt if you register day of event)

8:00am CHILD RACE BEGINS

9:00am ADULT RACE BEGINS

Awards to follow race

\$50 Cash Prize

Overall Male & Female • Masters Male & Female

Participant Packet Pick Up

Friday, June 17th, 2016

Packet Pick Up from

1pm-5pm at Urgent Care Center

1701 Main Ave. SW, Suite A - Cullman, AL

Saturday, June 18th, 2016

Packet Pick Up from

6:00am-7:30am at Smith Lake Park

Race Registration Table

**To register online
scan here**



or go to www.linkincullman.org/events

QUESTIONS?

Call Nathan Graves at 256-709-5474
or Bo Shirey at 256-347-6136
email: boshirey@linkincullman.org

REGISTRATION FORM

First name _____

Last name _____

Gender: ____ Male ____ Female

Date of birth: _____

Email address: _____

Phone: _____

Address: _____

City: _____

State: _____ ZIP: _____

Select one: _____ Individual \$ _____

_____ Child \$ _____

_____ Relay Team \$ _____

Emergency contact name: _____

Emergency contact phone: _____

T-Shirt Size: ____ Ad Small ____ Ad Medium

____ Ad Lrge ____ Ad X-Lrge ____ 2X ____ 3X

____ Yth Small ____ Yth Medium ____ Yth Large

How did you hear about this event? _____

Did you race last year? ____ Yes ____ No

Please read and sign the Release Agreement on the opposite side.

Tear off and mail **WITH YOUR REGISTRATION FEE**

to: **The Link of Cullman County**

PO Box 2063, Cullman, AL 35056

Reverse the Cycle Sprint Triathlon Release and Waiver

I hereby affirm my desire to participate in the Triathlon on Saturday, June 18th, 2016, at 8:00 am sponsored by Urgent Care Center and The Link of Cullman County, Inc. Realizing that there is risk in this activity and in consideration of my being allowed to participate in this activity, I personally assume all risks in connection with the triathlon. I further agree to release and hold harmless THE FOLLOWING ENTITIES OR PERSONS: The Link of Cullman County, Inc, City of Cullman, Cullman County, or any employee of Cullman, or Smith Lake Park, any sponsors, and the directors, officers, employees, volunteers, representatives, and agents of the above parties, the event holds, event sponsors, event volunteers, any and all claims and liabilities of any type whatsoever and for damages to, loss or destruction of any property or injury, sickness, or death which my now or hereinafter arise out of, result from, or in any way be connected with my participation in the above mentioned Reverse the Cycle Sprint Triathlon. I understand that The Link of Cullman County, Inc. nor any of its agencies, provides health insurance, nor it is my responsibility to obtain such insurance. I further state that I am lawful age and legally competent to sign this release; that I understand the terms herein are contractual and not a mere recital; and that I have signed this document as my own free act. I understand that a medical examination to assure myself of physical fitness is desirable, that obtaining such an examination is my own responsibility, and assume my own responsibility of physical fitness and capacity to participate in such event, and I am physically fit. I hereby agree to comply with all rules and regulations and event instructions of The Link of Cullman County, Inc., Reverse the Cycle Sprint Triathlon. I also give permission for the free use of my name and picture in any media account of promotion of this event. Finally, I agree that in the event of race disqualification, or my failure to attend, my entry fee shall not be refunded.

I hereby certify that I have read this document; and I understand its content.

Participant Signature

Date

Tear off and mail **WITH YOUR REGISTRATION FEE**

to: **The Link of Cullman County**
PO Box 2063, Cullman, AL 35056

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Post Reception Sponsors:



**SATURDAY,
JUNE 18TH
2016**
Smith Lake Park



Title Sponsor