

Sauk Prairie Endurance Club, Sauk Prairie Rotary Club & Health Trip presents **S.P.Y. - TRI**

## Sauk Prairie Youth TRIathlon Grades K-8

Sauk Prairie High School Pool

May 8<sup>th</sup> , 2010 11:00 am Report time; 11:30 event briefing; 12:00 Start

Cost: Sauk Prairie Students bring a non-perishable food item donation

\$10 for Non-Sauk Prairie participants; Make checks payable to "Health Trip"

Registration Deadline May 5th , 2010

SPY-TRI is organized by the Sauk Prairie Endurance club [www.spfit.org](http://www.spfit.org) , and sponsored by the Sauk Prairie Rotary Club & "Health Trip" program. SPEC is a volunteer based organization whose primary mission is to support and promote a healthy lifestyle for all ages.

### **All Participants must pre-register using the attached form & waiver**

Distances for Grade categories in the order that they will be run:

<u>Grade level</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>
7-8	100yds (4 lengths of the pool)	1.4 miles	1 mile (4 laps around the track)
5-6	100yds (4 lengths of the pool)	1.4 miles	1 mile (4 laps around the track)
3-4	50yds (2 lengths of the pool)	0.9 mile	800 m (two laps around the track)
K-2 <sup>nd</sup>	25yds (1 length of the pool)	½ mile	400 m (one lap around the track)

#### **Swim:**

The swim will take place at the Sauk Prairie High School indoor pool. Oldest grades will go first starting at 12:00 pm. Parents of younger children may accompany their child in the pool if necessary; any flotation suits, or devices are encouraged for beginning swimmers. Dress appropriately for the weather.

#### **Transitions:**

When you arrive, please place your bikes in the transition area- Bike Corral out in front of door **E-30**. Each participant will have their own transition area marked for their bike. One parent may assist their child in transitions. Participants should put on their helmets before grabbing their bike in the transition area.

#### **Bike Course:**

Triathletes must provide their own bike and helmets. Please rehearse proper wear of bike helmets with your child. The bike course will remain in close proximity to the High School-Middle School complex for safety. Training wheels and tricycles (big wheels) are allowed.

**Run Course:** The running course will be on the High School Track.

**Event End Time:** based on previous year, we estimate the last wave (Kindergarten) to be done by 1:00 pm. The youngest will go last so that they can observe others on how to do the events and transitions.

#### **Finisher Medals**

The Rotary Club of Sauk Prairie is sponsoring the medals for this event. All Triathletes will be given a finisher medal. No official times will be kept in order to help keep this a positive experience for all children who are out there trying their hardest.

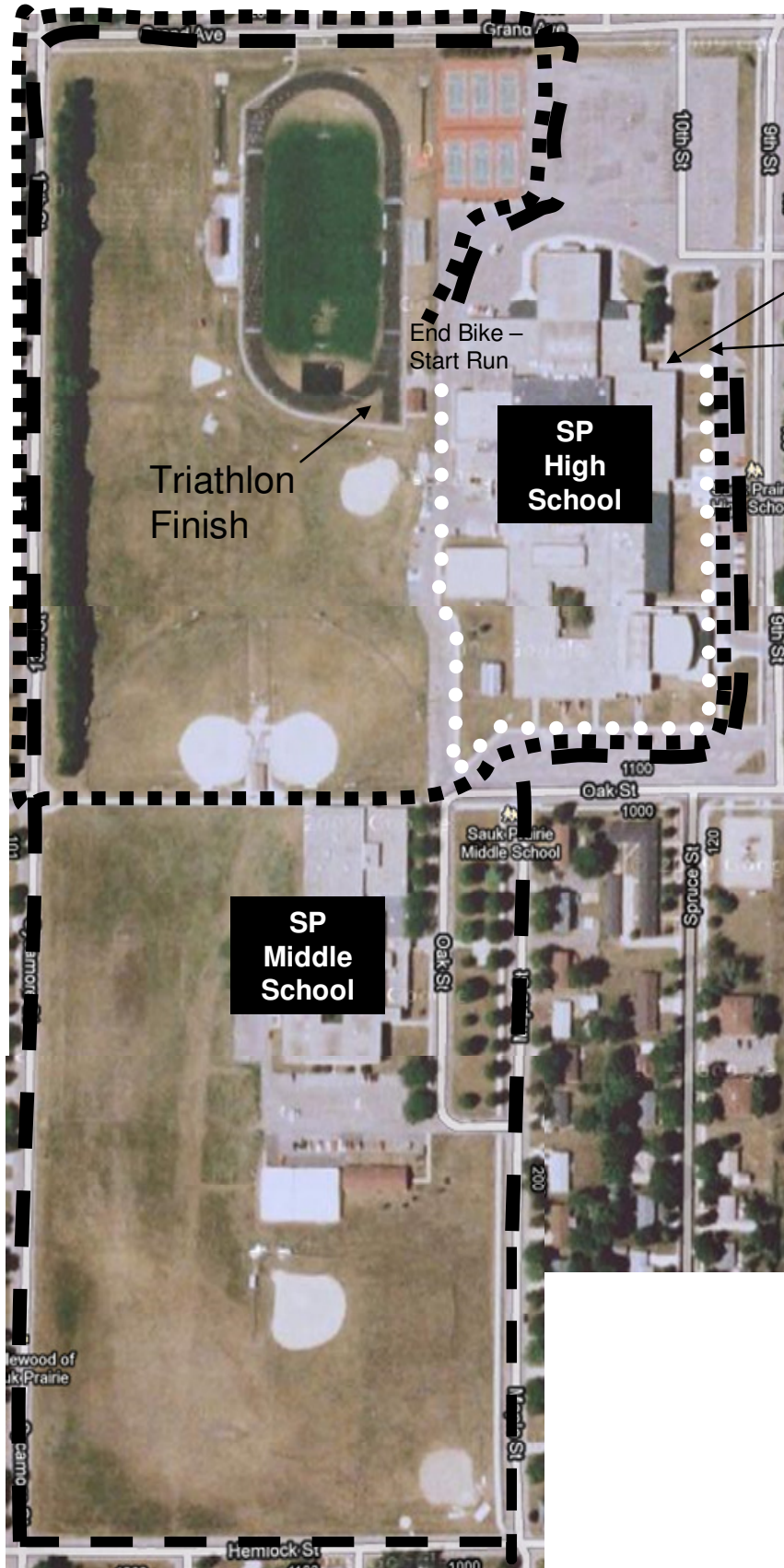
#### **Inclement Weather**

Rain and snow will be the determining factor in canceling the event, not low temperatures. There will be no make-up date. **Call 608-393-7515 regarding cancellation**, or look at the email address you provide, or as a last resort, look for signs on the doors to the HS pool and Door E-30. Full refunds will be made upon cancellation.

For more information about the Sauk Prairie Endurance Club, Go to: [www.spfit.org](http://www.spfit.org)

**PLEASE RETAIN THIS COPY FOR FUTURE REFERENCE**

# SPY TRI Course at Sauk Prairie High School



Check-in & Entry  
Door  
E - 30

Bike  
Corral

K-2 Bike  
Route

0.4 mi



3-4 Bike  
Route

0.9 mi



5-8 Bike  
Route

1.4 mi



**Sauk Prairie Youth TRIathlon, Sauk Prairie High School Pool, May 8<sup>th</sup>, 2010, 11:00 am, Grades K-8**

This Registration form is due by May 5<sup>th</sup>, 2010; Submit to:

Your Sauk Prairie Schools' P.E. Teacher, or Mail to: Mr. Hans Fester, 65Eighth St., Prairie du Sac, WI 53578

**Triathlete's Name** \_\_\_\_\_ **Grade** \_\_\_\_\_

**Phone\*** \_\_\_\_\_ **Sauk Prairie student? Yes**  **No**  **(if no, please include \$10 Fee)**  
(\*Where someone can be reached if triathlete becomes injured) Make Checks out to "Health Trip"

**Email** \_\_\_\_\_ (this is where we will send cancellation info to)

Check box if you would like the Sauk Prairie Endurance Club (SPEC) to send you an invite to join their email group

**Sauk Prairie Youth Triathlon Waiver Agreement**

Please read this document carefully before signing. This waiver agreement will affect your legal rights and will limit or eliminate your ability to bring a future lawsuit. I understand and acknowledge that I am legally agreeing to the statements in the following paragraphs of this Waiver Agreement by affixing my signature below and that these statements are being accepted by the organizers of the event in consideration for accepting my child as a participant and permitting him/her to participate in the Youth Triathlon.

1. I acknowledge that endurance competition is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property damage. I acknowledge and agree that it is my sole responsibility to determine whether my child is sufficiently fit and healthy enough to safely participate in this event.

2. On behalf of myself, my executors, administrators, heirs, next of kin, successors and assigns, and anyone else who might attempt to sue on my behalf, I HEREBY WAIVE, RELEASE, and FOREVER DISCHARGE the Sauk Prairie Endurance Club and its officers and members from any and all claims, causes of action, damages, losses, and liabilities of every kind for death, personal injury, or property damage, which may arise out of, result from, or relate to my child's participating in, or his/her traveling to or from, the Sauk Prairie Youth Triathlon, including, but not limited to any claims for theft, damage to any equipment, negligence, partial or permanent disability, claims relating to the provision of first aid, medical care, medical treatment, or medical decisions, and any claims for medical or hospital expenses.

3. I acknowledge and ASSUME ALL OF THE RISKS of my child participating in the Sauk Prairie Youth Triathlon. I acknowledge that these risks may include dangerous conditions and exposure to potential physical injury or even death resulting from, among other things, falls, contact with vehicles, contact with other participants, the effects of weather, defective equipment, and dangerous conditions on the roads or in the water. By signing below, I understand that my child will be participating at his/her own risk, and I am waiving and releasing my legal rights to sue for any injury or damages resulting from the Sauk Prairie Youth Triathlon. I further understand that these risks may be the result of negligence or carelessness on the part of members of the Sauk Prairie Endurance Club.

4. I FURTHER COVENANT and AGREE NOT TO SUE the Sauk Prairie Endurance Club for any of the claims that I have waived, released, or discharged herein. I AGREE TO INDEMNIFY and HOLD HARMLESS the Sauk Prairie Endurance Club from any and all expenses incurred, claims made, or liabilities assessed against them, including but not limited to attorneys' fees and litigation expenses, resulting from my breach or failure to abide by any part of this Waiver Agreement.

A parent or legal guardian must read and sign the waiver in order to participate. complete the following section and sign below where indicated:

I (print name) the undersigned, am the parent and/or legal guardian of (Triathlete named above). I hereby acknowledge that I have read the foregoing waiver for and on behalf of the minor named herein and hereby bind myself, the minor and our successors to the terms of the foregoing waiver. I represent that I have the legal capacity and authority to act for and on the behalf of the minor named herein, and I agree to indemnify and hold harmless the persons or entities mentioned above for any claims made or liability assessed against any of them as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the minor named herein.

Date: \_\_\_\_\_

\_\_\_\_\_  
(Print Parent/Guardian Name)

\_\_\_\_\_  
(Signature Parent/Guardian)