



S P R I N T + T R I A T H L O N

Race Date

The sixth annual WOU Sprint+ Triathlon will be held on Saturday April 28, 2012 with the first heat beginning at 8:00 am. Registration deadline is April 20, 2012.

The Course

The 500 yard swim will be held in Wolverton Memorial Swimming Pool, located on Western Oregon University's campus. The 17.1 mile, newly re-paved, bike loop (helmet mandatory) will wind through rolling hills on country roads southwest of town. Road and Mountain bikes will ride the same course. The 3.2 mile run will traverse through campus and head northeast, here a turnaround will send you home for the finish on Western Oregon University's Track. Course maps are available online.

Registration

All entry forms must be received by 5:00pm on April 20, 2012. Downloadable registration forms are available online. There will be no late or day-of-race entries accepted due to swim heat placement. Report and pick up race packet info at OPE gym between 6:30 and 9:00 am on race day. Check-in and packet pick up **ENDS at 9:00am**. Directions to campus available @: http://www.wou.edu/online_catalog/display/campus_maps.php A commemorative item will be included with the registration packet the day of the race. **No refund for race cancelations after April 11, 2012.**

Contact Information

Co-Race Directors: Melissa Ineck & Elke Asleson
Melissa Ineck @ 503-838-8860 or ineckm@wou.edu

Categories/Divisions

Competition will be held in the following categories in both a road bike and mountain bike division:

Age Group & Gender	Team Competition
17 & under	
18-24	-men's
25-34	-women's
35-44	-co-ed
45-54	
55 & over	

Awards

The first three finishers in each age group and division will receive an award for recognition of their performance. First-place awards only will be presented for team competition in each category. The first overall men's and women's winner will also receive a special award. The award presentation will begin approximately 15 minutes after the final participant finishes. Drawing for raffle prizes will be done at this time as well. (Must be present to win.)

Race Results/Photos

Official results and all photos will be posted online following the awards presentation.

Note

Only want to do a portion of the event but don't have anyone else to compete with? Want to find others to train with in your area? E-mail us at pool@wou.edu and we will do our best to connect you with others who would like to compete in a portion of the event.

Official race website: www.wou.edu/triathlon

Co-Sponsored by the Campus Recreation Department and Health PE Department

WOU TRIATHLON ENTRY FORM

(Please detach and send this portion to the address below. Keep the top portion for your information.)

Name: _____ Phone: _____ E-Mail: _____

Address: _____ City/State: _____ Zip: _____

D.O.B.: _____ Age: _____ Gender: _____ Accurate Swim Time (500yds.) _____

Check One: WOU Student V# _____ Faculty/Staff Alumni Other Is this your first triathlon? Y or N

\$30.00 per WOU Student
\$50.00 per person
\$60.00 per team

Please make checks payable to WOU (ck # _____)

Circle One: Road Mtn.
Circle One: Indiv. Team Name: _____
(Each team member must submit a registration form)
(Please attach all team member registration forms together)

Waiver and Release

• I understand that physically participating in a triathlon, regardless of the distance involves certain risks of illness or injury. I assume responsibility for any and all risks involved. Western Oregon University and the Office of Student Affairs/ Campus Recreation are not legally or medically responsible for any injuries sustained during these fitness programs. With my signature on this form I am stating that I do not have health problems or physical limitations that would go against my doctor's recommendation for participation. I have read and understand the conditions of this form prior to participating in the fitness program offered.
• In the event of illness or injury to myself or to those named on reverse side, I hereby give my consent for medical treatment and permission to the attending physicians to hospitalize, secure proper treatment and order injection, anesthesia or surgery. I will be responsible for any medical or other charges in connection with his/her participation.
• The Oregon Tort Claim Act (30.260 to 30.300) permits Western Oregon University to accept responsibility only for the acts of its officers, employees and/or agents. Western Oregon University is prohibited from accepting any liability for the acts, omissions and conduct of persons participating in activities. I indemnify, defend and hold harmless the state, Western Oregon University, its officers, agents and employees from all claims, suits or actions of any nature arising out of participation in the above described activity, other than negligent acts of Western Oregon University, its officers, employees and/or agents.
• I hereby release all rights in perpetuity to the recording, transmission, and use of my voice, image, or likeness to Western Oregon University, its agents, and assigns. I represent that I am 18 years of age and have the right to consent to this agreement. If I am under the age of 18 years, my parent or guardian has consented to the conditions stated in this release and his/her signature confirms that consent. I hereby agree to release Western Oregon University, its agents and assigns from any and all liability and from any and all personal property rights which I might have in relation to Western Oregon University, its agents or assigns for the use of my voice, image, or likeness.
Refund Policy: If the triathlon is cancelled, you will be notified and offered a full refund. Refunds are also available if your cancellation is received prior to the registration deadline.

Signature of Participant

Signature of Legal Guardian (if under 18)

Send complete registration and fee to: Western Oregon University - Attn: Melissa Ineck @ HWC - 345 N. Monmouth Ave. - Monmouth, OR 97361