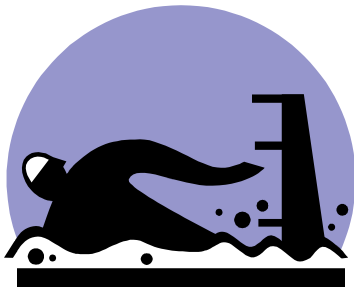


KID' S TRIATHLON FOR LITERACY



SWIM



BIKE



RUN

Mountain Home, AR at Cooper Park on August 11, 2007

Age Divisions: 6-7; 8-9; 10-11; 12-14. 1st, 2nd and 3rd place awards will be given for each age group in both boys and girls divisions. Finisher certificates will be given to all participants.

Distances: Swim length for ages 6-8 will be 50 meters. Swim length for ages 9-14 will be 100 meters. The swim portion of the race will take place at Cooper Park Pool.

Bike length for ages 6-8 will be .86 miles. Bike length for ages 9-14 will be 1.76 miles. The bike portion of the race will take place on the Cooper Park Trail around the soccer practice fields.

Run length for ages 6-8 will be .66 miles. Run length for ages 9-14 will be 1.06 miles. The run portion of the race will take place on the Cooper Park Trail around the Rapps Barren Settlement.

Required Equipment: All participants will need to wear shorts or a t-shirt for their race number to be pinned onto them for the biking and running portion of the Mountain Home Kids Triathlon for Literacy. They can put it on over their swimsuit after the swimming portion of the race. They will need a bicycle and helmet for the biking portion and sneakers for the biking and running portion.

Supervision and Aid Stations: Two lifeguards as well as volunteers will be inside the fenced area of the pool during the swim portion but parents will not be allowed inside the pool's fence area. Parents can run with their child during the running portion of the race. Aid stations will be set up at the end of the bike portion and within the run portion of the race offering water and Gatorade.

Registration and Start Time: Racers may pick up their race numbers between 6:30 and 7:30 am on 8/11/07 at the west side of the pool. A pre-race meeting will be held at 7:45, the race will begin promptly at 8 a.m.

Rain date: In case of rain, the race will be rescheduled on August 12, 2007 at 2 p.m. *******INFORMATION ON BACK**

Name _____ Age on Aug. 11 _____ Boy/Girl
Last First Birthdate (circle)

Address _____
Street City State Zip

Phone _____ email _____
home cell

Emergency Contact _____
Name phone cell

T-shirt Size (circle one)

Youth S M
Adult S M Lg. XL XXL

Waiver and Release

Please read carefully and sign at the end of this waiver and release before submitting your entry. In consideration of the acceptance of our entry, We, for our heirs, executors ,and administrators, release and forever discharge Twin Lakes Literacy Council/Kids Triathlon committee, the county where this event is held and all sponsors, producers, their agents, representatives, volunteers, successors and assigns, of all liabilities, claims actions dangers, costs and expenses which We may have against them arising out of or in any way connecting with participation in this event, including travel to and from this event, and including all injuries that may be suffered by us before, during or after the event. We understand that this waiver includes any claims based on negligence, action or inaction of any of the above parties. We recognize the difficulties of this event and attest that we are sufficiently physically fit to compete safely in this or other triathlons and that we have not been advised otherwise by a qualified medical person. We give our consent to receive medical treatment during this event and assume the risks of competing in this triathlon. We understand that we might be photographed, taped or filmed during this event and we allow photos, videos or film likenesses and/or our voices to be used for any legitimate purpose by the producers or sponsors.

Signature of athlete _____ print _____ date _____

Guardian or Parent must sign for athlete also _____ date _____

Entry Fees (non-refundable)

Early Registration - Postmarked by **July 14th** \$15.00
Late registration – Postmarked **July 15-August 6th** \$20.00
After August 6th you must register the morning of the event-\$20.00

Mail form and payment to:

Twin Lakes Literacy Council
c/o Laurie Kasinger questions call- 870-492-6625 or 870-656-7126 Laurie
445 CR 1008 Mountain Home AR 72653

For more information go to www.mhhurricanes.com