



TRIATHLON

International Festival of Sports

ATHLONIA

RACE BRIEFING

Please read carefully and pay attention to details.

It is **YOUR Responsibility To Know The Course.**



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THANK YOU
for participating in the
Annual Honolulu Triathlon

SECURITY ANNOUNCEMENT

Security is uppermost on our minds. We will be following a security protocol in asking athletes and spectators not to bring **BACKPACKS or BAGS** larger than 14 x10 x 8 inches to the Start Line, Transition, Finish Line and Festival Areas. This includes during packet pickup. **Leave your bags in the car.**

RACE DAY: TRI-bags or bags carrying your equipment are allowed inside the transition area next to your bike however; only athletes are allowed in the Transition Area....**PERIOD!**

Smaller purses or bags may be subject to search upon entry to the event area. Please be understanding if security personnel ask you not to bring a bag into the area, or ask to look in your bag - our number one concern is the safety of all our athletes, volunteers, spectators and sponsors.

Thank you for your understanding.

The Honolulu Triathlon Race Organization.

RACE DAY SCHEDULE

Transition Area Opens		4:00 - 5:30
Swim Course Open For Warm-Ups		5:00 - 5:30
Blessing, National Anthem, National Anthem of Hawaii (Hawai'i Pono'i)		5:30
OLYMPIC / LONG COURSE - SWIM STARTS		
Wave 0	ELITES Male & Female	5:45
Wave 1	Male 39 & under	5:47
Wave 2	Female 39 & under	5:49
Wave 3	Male 40 & over	5:51
Wave 4	Female 40 & over AND Olympic Relays	5:53
Wave 5	Prince Waikiki Wave (optional)	5:55
Wave 6	Olympic Wetsuits We will have this wave only if temp is ABOVE 78 degrees. If temp is 78 or lower wetsuits are allowed	6:00
SPRINT & YOUTH COURSE - SWIM STARTS		
Wave 1	MEN	6:10
Wave 2	Female AND Sprint Relays	6:15
Wave 3	Sprint Wetsuits We will have this wave only if temp is ABOVE 78 degrees. If temp is 78 or lower wetsuits are allowed	6:20
Wave 4	Juniors (15-18) & High Schoolers	6:25
Youth Wave	Youth (11-14)	6:30
ADDED SPORTS STARTS		
	10K Run	7:00
	Kids TRI (7-10)	9:30



General Course Maps *Course closed to all vehicular traffic*



FESTIVAL MAP
revised 4/26/2022

— = Sidewalls / Dividers
— = Barricades

Pop Up Tents - (OURS)
Rental Tents
Water Monsters
ICE Cooler

INSTALL: Friday May 13th
STRIKE: Sunday May 15th

HQ
20x20-4walls
8T (6ft)

KIDS
BIKE AREA

10x10
2T, 2C

SPONAVI
Pop Up & Rental Bike Area - 15B

ICE (1)
Blue Cooler

MEDIROM
10x10

MEDIROM
20x20
5T (6ft), 10C

LIST
20x20
3T (6ft), 10C

MERCH
1-10x10 Pop Up
2T, 2C

CLUB TENTS
pop ups
2-10x10

STEP & REPEAT
INFO CENTER
10x10
RESULTS
STEP & REPEAT
MAPS

Photo
Wall

AWARDS
Lost & Found
10x10
2T, 2C

DJ
1-10x10 Pop Up
2T, 2C

MEDICAL
20x20 / 3walls
4T, 10C

FOOD TENT
(2) 10x10
2T

PRINCE WAIKIKI
20x20-2walls
5T (6ft), 20C

FINISH

CHIPS Boards

MEDALS
10x10
1T

TIMING
10x10
2T, 4C

VIP ABEEES
10x10
2T, 4C



CAUTION

The **Bike & Run Courses** have potholes and steel plates which can be slippery.

Watch for uneven surfaces.

Please use **CAUTION** when competing in this event.

Honolulu Triathlon Race Organization

SPECIAL NOTICE

There is a CUT OFF time for the
Olympic Bike Course
LAGOON DRIVE TURN AROUND

**YOU MUST MAKE IT TO LAGOON DRIVE BY 8:00AM
OR
YOU WILL BE DIRECTED TO CONTINUE BACK TO THE
BIKE TRANSITION AREA.**

**IF you encounter the Road Opening Crews you MUST
turn around in front and head back.**

**You will not be allowed to pass the
Road Opening Crews.**

IMPORTANT

WRISTBANDS ON 10K RUN COURSE

The 10K Run Course has 2 Loops. So that you and our course marshals know which one you're on, you will be given a wristband as you enter the **2ND LOOP**

Please place on your **RIGHT** arm/wrist.



PACKET PICKUP



FRIDAY
Ala Moana Beach Park
PRINCE WAIKIKI
3:00pm - 6:00pm

SATURDAY
Ala Moana Beach Park
PRINCE WAIKIKI
10:30am - 5:00pm

At Packet Pickup you will receive

BIB #, Bike Number, Pins, Wristband, Swim Cap, T-shirt

> No changing of T-shirt sizes until after the race.

> Late registrations will receive a shirt IF they are available AFTER the event.

- **ALL Triathletes & 10K runners MUST pickup their packet during the posted times.**
- Triathletes must read the briefing on-line from the website prior to picking up their race packet and need to bring signed **AFFIDAVIT** (see last slide). Athletes will be required to show a valid Government issued photo identification card, as well as a valid USAT membership card (triathletes only) or pay the one-day membership fee to pick up their packet with signed **USAT WAIVER**.
- No one is allowed to pick-up another athlete's packet except for parents of kids ages 7-10, Relay Teams or with special electronic permission (email or text) from the Event Organizer. One member from each team will be allowed to pickup the Team Packet. On race morning the rest of the team members must be Body Marked.

Athletes will be receive a competitors wristband at packet pickup which matches the color of the race they are competing in.

No Pre-Race Racking of Bikes. Ride and Arrive Early.

Packet Pick Up - Prince Waikiki Hotel

Date: Friday, May 13 3pm-6pm / Saturday, May 14 10:30am-5pm

Place: Prince Waikiki Address: 100 Holomoana St. Honolulu, HI 96815

※Please start #①~⑤



COLOR CODED RACE COURSE

This course is color coded to make it easier for you to navigate.
It is your responsibility to know the course as stated in the
USAT Rules.

- At Packet Pickup, you will receive a wristband for your event.
 - Place it on your LEFT LEFT wrist.

CONE COLORS

- **ORANGE** - Olympic TRI, Olympic Relays, 10K Run
- **GREEN** - Sprint TRI, Sprint Relays, Juniors
- **BLUE** - Youth, Kids

- When on the BIKE & RUN course, Color Cones will direct you at critical points.
- This wristband **MUST** be worn at all times. ON THE LEFT WRIST.
No wristband, No timing chip, No food...NO RACE!!!!

RACE DAY EVENT PARKING

A limited amount of event parking will be available inside Ala Moana Beach Park.

Parking Passes will be handed out on FRIDAY only.

FIRST COME, FIRST SERVED

MAGIC ISLAND - ONLY

IF you do not get a parking pass you
MUST park outside the park in the surrounding areas.

You may pick up the event parking pass
when you pickup your race packet.

Race Rules

Most Common Rules Violations

- 1 Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.
Penalty: Disqualification
- 2 Chin Straps:** Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.
Penalty: Disqualification on the course; Variable time penalty in transition area only.
- 3 Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.
Penalty: Variable time penalty
- 4 Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.
Penalty: Variable time penalty
- 5 Drafting:** Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.
Penalty: Variable time penalty
- 6 Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.
Penalty: Referee's discretion
- 7 Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.
Penalty: Disqualification
- 8 Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.
Penalty: Variable time penalty
- 9 Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.
Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.
- 10 Wetsuits:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.
- 11 Abandonment:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.
Penalty: Variable time penalty



SANCTIONED EVENT



Variable Time Penalties

1st Offense	2nd Offense	3rd Offense
2 minutes	4 minutes	disqualification



RACE DAY

- TRANSITION AREA: opens at 4:00am and close at 5:30am.

■ **NO EXCEPTIONS**

- **BODY MARKING:** MARK your race number on your **LEFT & RIGHT** upper arms. This is for safety and identification for each athlete. Please do this BEFORE you arrive.
- Make last minute adjustments and drop off personal items such as: helmets, towels, running shoes, etc.
- In the Transition Area you will find bike support.
- You will be directed to the Starting Area by volunteers and the announcer. Please follow their instructions.



RACE DAY

- Check-In your bike first. Transition Area opens at 4:00am.
- Report to the Timing Chip distribution area no later than **5:30am**. Each athlete will be checked for their Wristband to ensure they receive the correct timing chip.
- Once you have your Timing Chip, move to the starting line area and wait outside the Swim Start Corral for your start.
- At the Transition area you will find:
 - Aid Station complete with water
 - Timing Chip Distribution
 - Emergency Medical Assistance
 - Portable Restroom facilities (in magic island parking lot.)

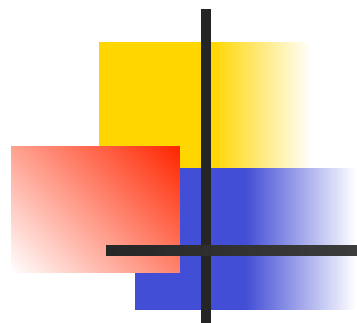


RACE DAY

- Wetsuits are allowed in competition **IF** the water temps are below 78 degrees. If the water is above 78 degrees, athletes may wear wetsuits but they will not be eligible for awards and will start in the Last Wave.

- Before the start of the race, the following will take place:
 - Blessing
 - The USA National Anthem
 - National Anthem of Hawaii (Hawai'i Pono'i)
 - Final Announcements

**Please be respectful during the playing of both
Anthems and listen to the race announcer.**



SWIM COURSE

OLYMPIC SWIM - 1500 meters
SPRINT/JUNIOR SWIM - 750 meters
YOUTH SWIM - 400 meters



- To stay on course, you must follow the string of buoy's and remember to keep the buoy's on the left side of your body at all times.
- As you reach **YOUR TURN BUOY** you will be met by lifeguards on rescue surfboards signifying that a course change is approaching.
- The swim course will be monitored by Ocean Certified Life Guards on rescue surf boards, and jet skis.

Swim / Run Course Map

 OLYMPIC RUN	 SWIM START	 FULL SERVICE AID	 BIKE MECHANIC
 SPRINT/JUNIOR RUN	 TRANSITIONS	 SELF SERVE AID	 REFRESHMENTS
 YOUTH RUN	 RESTROOMS	 GATORADE	 MEDALS
 TURNAROUND	 MEDICAL AID	 OLYMPIC RUN LOOP 2	 CHIP CHECK MAP



SWIM START



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1. Do not enter the Swim Corral until your wave is called.
2. Follow the instructions from the starter.
3. Once inside the corral you can not leave for any reason.
4. Only participants are allowed inside the coral.

SWIM START

SWIM EXIT

**BIKE TRANSITION
AREA**

**10k
START**

Show



LEAVING THE SWIM COURSE

- You will leave the water and run through the swim exit chute.
- If you dropped off any personal items prior to the start, pick them up at this time.
- You will be directed to the transition area by volunteers.
- The run to the transition area is approximately 200 feet. This run will be lined with cones and volunteers directing you.
- This area is for athletes **ONLY**! Family members and friends will **NOT** be allowed into the transition area.



TRANSITIONING

- When you arrive in the transition area following the swim you will be instructed by volunteers to go to your bike at its numbered position.
- Once your helmet is on, you can take your bike from the bike rack and run or walk to the bike exit of the transition area.
- At the exit to transition, you will be directed to the mount / dismount line outside of the transition area. Once you've crossed the MOUNT line you will be able to get onto your bike and begin the bike course.
- IF you are a RELAY TEAM member. Your hand-off is at your teams bike.

TRANSITION AREA - MAGIC ISLAND

Ala Moana Beach Park



MODIFIED BIKE COURSE



**PLEASE PAY ATTENTION TO THE BIKE COURSE
FOR THE OLYMPIC DISTANCE.**

Because of construction on Lagoon Drive we modified the Olympic Bike Course.

OLYMPIC RIDERS

**will make TWO (2) 180 technical turns under the viaduct at Lagoon Drive AND
ONE (1) 180 technical turn at Atkinson & Ala Moana Blvd.**

PAY ATTENTION TO THE CONING, SIGNS, VOLUNTEERS, AND HPD

**STUDY THE COURSE MAP
It is YOUR responsibility to know the course.**



BIKE COURSE OLYMPIC (40K - 24 MILES)



STUDY THE COURSE MAPS
It is YOUR responsibility to know the course.

- The bike course proceeds onto Ala Moana Blvd. heading WEST to Nimitz Highway then to Lagoon Drive.
- Take Nimitz Highway to under the viaduct. Follow the coning. There will be a 180 (technical turn) underneath the viaduct at Lagoon Drive. **PAY ATTENTION & SLOW DOWN.** You will do this again once you've completed your first loop.
- **NOTE:** Lagoon Drive Turn Around closes at 8:00am. IF you're not there by then you will be turned around by the Road Opening Crews and HPD.
- **NOTE:** After your FIRST loop you will do another 180 (technical turn) at the intersection of Atkinson and Ala Moana Blvd. See Map...**PAY ATTENTION & SLOW DOWN.**
- Remember when you reach the transition area, you **MUST** get off your bike **BEFORE** you cross the DISMOUNT line.

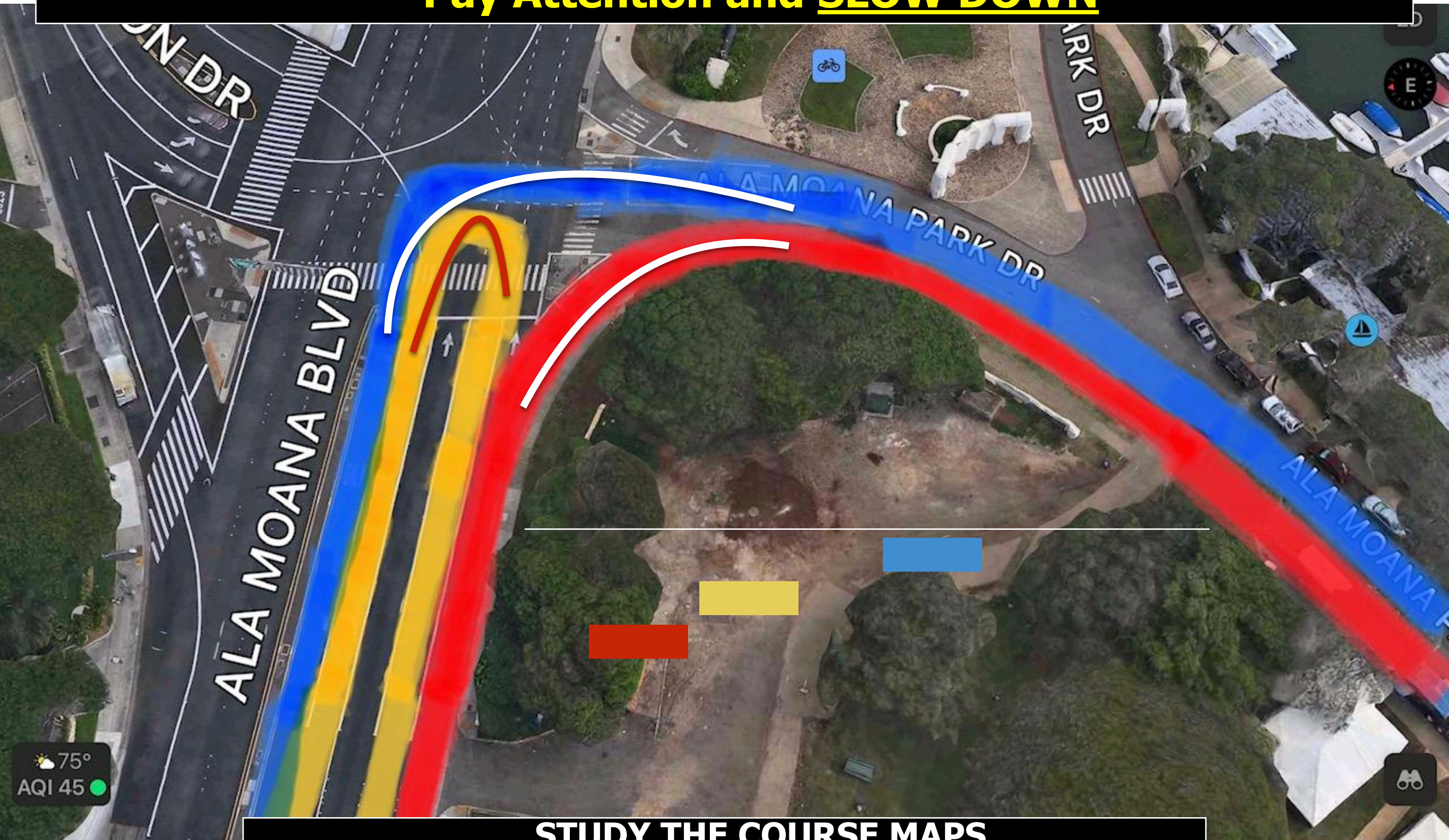


General Course Maps *Course closed to all vehicular traffic*



2ND LOOP FOR OLYMPIC DISTANCE@ ATKINSON

Pay Attention and SLOW DOWN



STUDY THE COURSE MAPS
It is YOUR responsibility to know the course.



KEY POINTS

- **CAUTION:** There are several Speed Bumps in the park on the Bike and Run. (**DO NOT GO AROUND THEM**). Slow down and exercise caution when going over the Speed Bumps.
- Watch for different road surfaces on the bike and run. There are some curbs so watch where you're step.
- Aid is available on the run course and in the race venue area.
- There will be Bike Mechanical Support Stations and a SWAG wagon:
 - Magic Island – Transition Area
 - Under the Viaduct at the 180 Technical Turns.



BIKE COURSE

SPRINT/JUNIOR

(20K - 12.4 MILES)

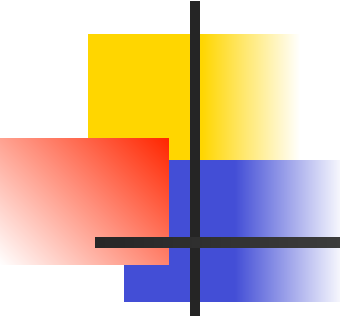
STUDY THE COURSE MAPS
It is YOUR responsibility to know the course.

- The 20K bike course proceeds along Ala Moana Blvd. to the Nimitz Highway.
- Take the Nimitz Highway under the viaduct to Lagoon Drive.
- You make a U-TURN and head back to Ala Moana Beach Park and transition.
- Remember as you reach transition, get off your bike BEFORE you cross the DISMOUNT line.



General Course Maps *Course closed to all vehicular traffic*

	OLYMPIC BIKE		WATER		TRANSITIONS		TURNAROUND		REFRESHMENTS
	SPRINT/JUNIOR BIKE		GATORADE		SWIM START		OLYMPIC RUN LOOP 2		MEDAL
	YOUTH BIKE		MEDICAL AID		RESTROOMS		BIKE MECHANIC		CHIP CHECK MAT



BIKE COURSE YOUTH (10K - 6.2 MILES)

STUDY THE COURSE MAPS
It is YOUR responsibility to know the course.

- The 10K bike course proceeds along Ala Moana Blvd. to a intersection (Nimitz and Alakawa St.)
- You will make a U-TURN at this intersection.
- You need to SLOW DOWN and watch for other bikers and follow the instructions of the Course Monitors.
- Remember as you reach transition, get off your bike BEFORE you cross the DISMOUNT line.



General Course Maps *Course closed to all vehicular traffic*

 OLYMPIC BIKE	 WATER	 TRANSITIONS	 TURNAROUND	 REFRESHMENTS
 SPRINT/JUNIOR BIKE	 GATORADE	 SWIM START	 OLYMPIC RUN LOOP 2	 MEDAL
 YOUTH BIKE	 MEDICAL AID	 RESTROOMS	 BIKE MECHANIC	 CHIP CHECK MAT



MEDIROM

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Kids Triathlon Course Map

 KIDS SWIM
AGES 7-10 - 100m

 KIDS BIKE
AGES 7-10 - 1 LAP

 KIDS RUN
AGES 7-10 - 1K

 TURNAROUND

 SWIM START

 RESTROOMS

 MEDICAL AID

 FULL SERVICE AID

 GATORADE

 REFRESHMENTS

 MEDALS

ALA MOANA
SHOPPING
CENTER

ATKINSON DR.

PIIKOI ST.

ALA MOANA
BLVD.

ALA MOANA
REGIONAL PARK

Bike Turnaround
Ages 7-10

Kids Transition Area
Sunday Check-in 8:30AM - 9AM

 START





Finish



10K RUN COURSE

(6.2 Miles)



STUDY THE COURSE MAPS
It is YOUR responsibility to know the course.

The run start is located in front of Magic Island Parking Lot on the road. Please be at the start 15 minutes before.

Follow the CONES and ARROWS to get on the **inside** path heading towards the EAST entrance.

At the (White Arch) bridge, take a RIGHT. At the beach road take a LEFT and run around the lagoon along the road. Once you are heading back towards the (White Arch) bridge you will make a short right then left onto the **outside** path which goes along Ala Moana Blvd.

Watch for signs and cones directing you to cross a bridge to begin your second loop make a LEFT and

PICK UP YOUR WRISTBAND. Run the loop again. At the end of the path re-join the beach road heading back towards Magic Island and the finish line. You pass the transition area and make a loop around Magic Island and head towards the finish line.

BE SURE TO PICKUP YOUR WRISTBAND ON THE 2nd LOOP.
~~Study the maps and course signs, cones, and course marshals will be provided.~~
There are 3 aid stations on the run course.

10K Run Course Map

10K RUN

RESTROOMS

MEDICAL AID



FULL SERVICE AID



SELF SERVE AID



GATORADE



2ND LOOP



MEDALS



REFRESHMENTS

ALA MOANA SHOPPING CENTER

ATKINSON DR.

ALA MOANA BLVD.

ALA MOANA REGIONAL PARK

2nd Loop
Take Band Here



Taking the wrist band identifies you are on your **2nd Loop** and will help the volunteers direct you.

10K First Loop
Enter Here



START



Finish



SELF SERVE AID STATIONS

New for 2022! We are excited to support the Green Initiative by offering self serve water stations along the course. All runners will be able to get water with their own hydration device. There will also be manned water aid stations with cups.

We highly recommend you carry your own hydration device.



There are 8 Water Aid Stations on the run course
2 - Full Service (volunteers with cups)
6 - Self Service (cups provide IF asked for)



NEW FOR 2022:

THIS SYMBOL INDICATES ON THE
COURSE MAP WHERE THE NEW SELF
SERVE WATER STATIONS WILL BE.



**We would like you to carry your
own hydration device
and help us with the Green
Initiative.**



THINGS TO REMEMBER

- No Pre-Race racking of bikes. Bring them race morning.
- Transition opens at 4:00 am. Make sure you arrive **EARLY!**
- Race start times have been adjusted. Study the Schedule of Events.
- Make sure you apply your number **BEFORE** coming to the event.
- No Nudity.
- This is a Non-Drafting event. Study the USAT Rules.
- Make sure you start in the correct wave!!
- Study the maps. It is **YOUR Responsibility To Know The Course.**
- IF you are NOT a member of USA Triathlon you are required to pay the one day licensing fee.
- Timing Chip and Strap must be returned or you will be charged \$40.00 USD!!!!

DROPPING OUT OF THE RACE

READ VERY CAREFULLY!!!

If you quit this event once you have the TIMING CHIP,
please check-in with the timers at the finish line and surrender your chip.

**WE NEED TO KNOW
IF YOU HAVE DROPPED OUT!**

We rather not spend days looking for you.

THANK YOU!



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***Good Luck And
Have A Fun Safe Event***

AFFIDAVIT & USAT WAIVER NEXT SLIDES



2022

To pickup your race packet you MUST bring this signed affidavit confirming that you have read and understand the briefing.

I have read the Race Briefing On-Line, I understand the information that I read. I agree to adhere to all rules, instructions and safety warnings set forth by the race committee and this event.

PRINT Name

Sign Name

Parent or Guardian IF athlete is under
18 years of age.

Date

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION of USA Triathlon ("USAT") allowing me to participate in any USAT sanctioned event (the "Event" or "Events") as either a member of USAT or through the issuance of a single event license or permit; I, for myself, and on behalf of my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event.
2. I understand and acknowledge the physical and mental rigors associated with triathlon, duathlon, or other multi-sport events, and realize that running, bicycling, swimming and other portions of such Events are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; accidents, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined risks and dangers which may not be readily foreseeable or are presently unknown ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.
3. I agree to be familiar with and to abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USAT and the Guide to Prohibited Substances and Prohibited Methods of Doping adopted by the United States Anti-Doping Agency. I also accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USAT, the Event Owners, Organizers and Promoters, Race Directors, Sponsors, Advertisers, Host Cities, United States Olympic Committee (USOC), Local Organizing Committees, Venues and Property Owners upon which the Event takes place, Law Enforcement Agencies and other Public Entities providing support for the Event, and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate to my participation in the Event, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim.

I hereby warrant that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

NAME OF PARTICIPANT (PRINT): _____ **AGE:** _____ **DATE OF BIRTH:** ____/____/_____
SIGNATURE OF PARTICIPANT: _____ **DATE:** _____

Parental Consent (required if the participant is less than 18 years of age) *As the Parent and/or Legal Guardian to the minor identified above, I hereby accept and agree to all of the terms and conditions of this Agreement on behalf of the minor in connection with the minor's participation in the Event(s). If, despite this Agreement, I, or anyone on the minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.*

NAME OF PARENT/LEGAL GUARDIAN (PRINT): _____ **AGE:** _____ **DATE OF BIRTH:** ____/____/_____
SIGNATURE OF PARENT/LEGAL GUARDIAN: _____ **DATE:** _____

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Questions/Status? Call: 719-955-2807 • Email: membership@usatriathlon.org

Rev. 10.14

Official use only.