Triathlon Series Registration

CEDAR VALLEY SPORTSPLEX
Where active lifestyles take shape
300 Jefferson Street
Waterloo, IA 50701
319.291.0165

Registration Begins: Friday, November 11th 2022

The Cedar Valley SportsPlex is "Where Active Lifestyles Take Shape"! We're excited to offer not one, but FOUR different types of indoor triathlons this winter. This series is perfect for seasoned triathletes, anyone on the fence of doing their first real triathlon, or anyone that is looking for something to keep them motivated! You can pick one or more of the following events.

*None of these events are sanctioned by USA Triathlon

December Triathlon: Date: December 10th Cost: Adult: $20 Child: $5

Participants will complete the following events and in this order as quickly as they can: 2000 meter Row, 10 mile indoor bike, and as many rounds of a strength circuit. The strength circuit will begin at 9:45am and end at 11:00am. There will be a signup sheet the morning of the event for everyone to pick their start order.

HEATS:
Adult 9:15am-Row/Bike/Strength Circuit
Adult 9:45am-Row/Bike/Strength Circuit
Child 10:15am-Row/Run/Strength Circuit

January Triathlon: Date: January 14th Cost: Adult: $20 Child: $5

Participants will complete the following events and in this order as quickly as they can: 1.5 mile indoor run, 10 mile indoor bike, and a 1.5 mile indoor run.

HEATS:
Adult 9:15am-Run/Bike/Run
Adult 10:15am-Run/Bike/Run
Child 10:15am-Run/Row/Run

February Triathlon: Date: February 11th Cost: Adult: $20 Child: $5

Participants will complete the following events and in this order as quickly as they can: 2000 meter Row, 15 mile indoor bike, and a 3 mile indoor run. There will be a signup sheet the morning of the event for everyone to pick their start order. There will be 6 total rowers that are used and as people finish their 2000 meter row the next person on the sheet will start.

HEATS:
Adult 9:15am-Row/Bike/Run
Adult 10:15am-Row/Bike/Run
Child 10:15am-Run/Row/Run

March Triathlon: Date: March 4th Cost: Adult: $35

Participants will complete the following events and in this order as quickly as they can: 500 meter indoor swim, 15 mile indoor bike, 3 mile run. IF THERE IS ANY ICE/SNOW ON THE GROUND THE RUN WILL BE DONE INSIDE. Participants will receive a T-shirt if they register by noon on Friday, February 20th.

HEATS:
Adult 9:00am-Swim/Bike/Run
Adult 9:45am-Swim/Bike/Run
Adult 10:30am-Swim/Bike/Run

Online Registration is available at:

_____

Participants/Guardian's Name Shirt Size (if applicable)

_____

Address City Zip

_____

Phone Number Email

Participant's Name (Last, First)	Program #	Program Name	M/F	Birth Date	Fee
					$
					$
					$
					$
					$

☐ VISA ☐ MasterCard ☐ Discover Card # : _____ Exp. Date: _____ CVV:

IMPORTANT INFORMATION: The City of Waterloo, Waterloo Leisure Services and the Cedar Valley SportsPlex are committed to conducting its recreation programs and activities in the safest manner possible and holds the safety of the participants in the highest possible regard. Participants and parents/guardians registering their child/ward in recreation programs must recognize however, that there is an inherent risk of injury when choosing to participate in recreation activities. *The risk to have contact with individuals, who have been exposed to and/or have been diagnosed with one or more communicable diseases, including but not limited to COVID-19 or other medical conditions, diseases, or maladies does exist, and it is impossible to eliminate the risk that participants could be exposed to and./or become infected though contact with or close proximity with an individual with a communicable disease.* The Waterloo Leisure Services & Cedar Valley SportsPlex continually strive to reduce risks and insists that all participants follow safety rules and instructions that are designed to protect participants' safety. **WARNING OF RISK**: Recreation activities are intended to challenge and engage the physical mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, dangers and injuries due to inclement weather, slip-ping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and all other circumstances inherent to indoor and outdoor recreation activities/programs exist. In this regard, it must be recognized that it is impossible for Waterloo Leisure Services and the Cedar Valley SportsPlex to guarantee absolute safety. **WAVIER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:** Please read this form carefully and be aware that in signing up and participating in the identified program(s), you will be expressly assuming the risk and legal liability, waiving and releasing any and all claims for injuries, damages or loss which you or your minor child/ward might sustain arising out of or as a result of the activities of this program (including transportation services/vehicle operation, when provided). As a participant in the program, I recognize and acknowledge that there are certain risks of physical injury and I voluntarily agree to assume the full risk of any injuries, including death, damages or loss regardless of severity which my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims my minor child/ward or I may have (or accrue to me or my child/ward) as a result of participating in the program against Waterloo Leisure Services and Cedar Valley SportsPlex, including officers, officials, agents, volunteers, independent contractors, instructors, servants and employees. I further agree to indemnify and hold harmless and defend Waterloo Leisure Services and Cedar Valley SportsPlex staff to secure from any licensed hospital, physician, and/or medical personnel any treatment deemed necessary for my minor child's/ward's immediate care and I agree that I will be responsible for payment of any and all medical services rendered. **PHOTO POLICY**: The Waterloo Leisure Services and Cedar Valley SportsPlex may video tape or take photographs of participants enrolled in Waterloo Leisure Services and Cedar Valley SportsPlex activities, classes, or programs or may take photographs of people in the City of Waterloo parks. These photographs and/or video tapes are for use in future program magazines, brochures, promotional literature, websites, or for use on cable television. **REFUND POLICY:** Refunds are issued in full if a class is full or cancelled by the Sports Department. Refunds for personal reasons must be submitted in writing. Approved refunds prior to the start date will be assessed a $5 administration fee. Refunds may not be issued after the first week. Refunds approved after the first meeting will be charged a $10 administrative fee. The Waterloo Leisure Services Department reserves the right to deny a request for a refund. If your request has been denied, you will be contacted by a staff member from the Leisure Services Department. All refunds will be mailed within three weeks. **If registering online, via phone or email, my facsimile signature shall substitute for and have the same legal effect as an original form signature. I have read and full understand the above important information, warning of risk, waiver and release of all claims and assumption of risk, permission to secure treatment and photo/video authorization.**

X_____

Signature of Parent, Guardian or Participant (Under 18) Date

X_____

Print Name of Parent, Guardian or Participant (Under 18) Date

FOR OFFICE USE ONLY

Amount_____