

2019 Winter Badlands Self-Paced Triathlon

40 DAYS TO REACH YOUR PERSONAL GOALS

January 7 - February 15



MEET YOUR
GOAL BY THE END
OF THE EVENT &
RECEIVE A
T-SHIRT

PICK YOUR DIVISION-SET YOUR OWN PACE- \$30/PER PERSON

- Ultra-Ironman-5.2 mile swim, 52 mile run/walk, 220 mile bike
- Ironman-2.6 mile swim, 26 mile run/walk, 110 mile bike
- Tinman-1.5 mile swim, 13 mile run/walk, 55 mile bike
- Olympic-1 mile swim, 6 mile run/walk, 24 mile bike
- Sprint-750 meter swim, 3 mile run/walk, 12 mile bike

*REGISTER ONLINE OR FORMS WILL BE AVAILABLE IN THE WRCC MEDIA RACK

WEST RIVER COMMUNITY CENTER | 2004 FAIRWAY STREET | DICKINSON, ND

Name: _____

Address: _____

City/State/Zip: _____

Email Address: _____

Phone: _____

Division: _____

Male ___ Female ___

ADULT SHIRT SIZE: X- Small Small Medium Large X-Large XX-Large
(sizes based on unisex shirts)

IN CONSIDERATION OF YOUR ACCEPTING THIS ENTRY, I hereby, for myself, my heirs, and administrators, waive and release any and all rights and claims, for damages I may have against the West River Community Center and co-sponsors, their agents, representatives, successors, and assigners for any and all injuries by me at this event. FOR COMPETITORS UNDER THE AGE OF 18: I, the undersigned parent or legal guardian of the competitor, hereby approve and confirm the waiver and release.

Signature: _____ If under 18 parent/guardian signature: _____

West River Community Center

Register online at dickinsonparks.org
or fill out this form and turn into
DPRD office (2004 Fairway St)

Entry Fee: \$30.00
Deadline: January 7, 2019

OFFICE USE ONLY: PAID: _____ ck# _____ cash _____ cc _____

Receipt# _____ Employee Initials _____ Date _____