



**Awards for top
3 boys and girls in
each age group.**



<u>Age</u>	<u>Run</u>	<u>Bike</u>	<u>Swim</u>
5-6	.25 mi	1 mi	25 yds
7-8	.5 mi	2 mi	100 yds
9-10	.75 mi	2 mi	100 yds
11-12	1 mi	3 mi	150 yds

This is a non-traditional, recreational triathlon with a mission to expose children to the multisport field in a fun, safe, and encouraging environment.



RoadID
It's Who I Am.

Sunday, June 30, 2019, 7:00 a.m.

Holland G. Mangum Recreation Complex

9100 113th Street North, Seminole, FL (727) 391-8345

myseminole.com Facebook @getseminole

Packet pick up June 29th @ Rec Center 10am-2pm

\$35 prior June 10th ; \$45 on or after June 10th

Space is limited! Register today!

Tri' If You Dare! Registration Form

First: _____ M.I. _____ Last: _____
 D.O.B. _____ Race Day Age: _____ Sex: _____ Phone: _____
 Address: _____ City: _____ Zip: _____
 E-mail: _____ T-Shirt Size: YS ___ YM ___ YL ___ AS ___ AM ___

I, the parent/legal guardian of the named child on this form, do hereby assume all risks and hazards incidental to my participation in activities, use of the equipment and facilities or my child's participation in activities, use of equipment and facilities of the City of Seminole Recreation Center Complex, and I do hereby agree to waive, release, absolve, defend and hold harmless the City of Seminole, its employees, officers, agents, volunteers, and elected officials from any and all claims, damages, losses or injuries of any kind, resulting from the participation in activities, use of equipment and facilities of the City of Seminole's Recreation Center Complex. This release includes a release for any and all losses or injuries arising out of any act or omission or negligence, either active or passive of the City of Seminole, its employees, officers, agents, volunteers, and elected officials. This release is given and signed of my own free act and will.

Signature of Parent/Legal Guardian: _____ **Date:** _____