

# REGISTRATION

TRIATHLON  
HILLS CREEK STATE PARK  
SEPTEMBER 18, 2010, 10 AM

# REGISTRATION

PADDLE - APPROX. 2 MILES  
RUN - APPROX. 3 MILES  
BIKE - APPROX. 9 MILES



## PRE-REGISTER BY AUGUST 31:

\$20/person (\$50/team)  
T-shirt included



## REGISTRATION in SEPT:

\$20/person (\$50/team)  
Limited T-shirts; while they last

## NEW FOR THIS YEAR:

Lunches will be available for purchase  
at the Hills Creek concession stand ..



.. enabling us to offer lower entry fees!

Make entry fee checks payable to  
"TCPCH" and send with form to:

Hills Creek State Park  
Attn: Triathlon  
111 Spillway Road  
Wellsboro, PA 16901



## QUESTIONS? PLEASE CONTACT:

Hills Creek State Park @ 570-724-4246  
OR  
visit [www.stepoutdoors.org](http://www.stepoutdoors.org)



## INDIVIDUAL REGISTRATION (1 PERSON FOR ALL THREE LEGS)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Gender: M F

email: \_\_\_\_\_

T-shirt size: XS S M L XL XXL

\* Signature: \_\_\_\_\_

\* Parental Signature: \_\_\_\_\_ (if registrant under 18 years of age)

Date of Signature: \_\_\_\_\_

## TEAM REGISTRATION

one box:

female team

co-ed team

male team

Runner's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

T-shirt size: XS S M L XL XXL

\* Signature: \_\_\_\_\_

\* Parental Signature: \_\_\_\_\_ (if registrant under 18 years of age)

Date of Signature: \_\_\_\_\_

Paddler's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

T-shirt size: XS S M L XL XXL

\* Signature: \_\_\_\_\_

\* Parental Signature: \_\_\_\_\_ (if registrant under 18 years of age)

Date of Signature: \_\_\_\_\_

Biker's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

T-shirt size: XS S M L XL XXL

\* Signature: \_\_\_\_\_

\* Parental Signature: \_\_\_\_\_ (if registrant under 18 years of age)

Date of Signature: \_\_\_\_\_

\* By signing this entry form, I acknowledge my understanding of certain inherent risks associated with participating in the Step Outdoors Triathlon held at Hills Creek State Park. I understand risk may vary depending upon personal fitness level, weather conditions, and other unforeseen circumstances. I acknowledge having a fitness level capable of participating, accept personal responsibility for my participation, and release the organizing parties of liability should a personal injury occur during the course of the activity. In addition, I give permission for photos to be taken during the event and posted in public forums such as websites, newspapers, posters, and advertising media. I also give permission for my name to appear in the race results which will be posted on [www.stepoutdoors.org](http://www.stepoutdoors.org) and may appear in local newspapers.