



ALL 3 RACES
 RON JON TRIATHLON
 STATE FARM BIKEARATHON
 DAD'S DAY TRI

Register online @ www.surfcoasttrifecta.com
Complete Entire Form Mail entries not accepted 2 weeks before each event.
 Please print neatly using capital letters. O.K. to photocopy (do not alter size).
 One entry per form please.
 Mail completed form and fee to: Smooth Running, P.O. Box 33100, Indialantic, FL 32903

FEES: Men Shirt Size (circle one): S M L XL XXL
Female Shirt Size (circle one): S M L XL XXL
 (shirts sizes only guaranteed with entry 1 month before each event)

Name (First)		Last	
Address		Apt:#/Suite	
City	State	Zip or Postal Code	
Country	Phone(Day)	(Evening)	
E-Mail Address (must provide)			
M	F	*Birth Date	*Age you will be on Dec. 31, 2010 (USAT RULE) *minimum age 13 years old

Surf Coast Trifecta Series
 Entry (01/01/10 - 02/16/10) \$160.00
 Entry (02/17/10 - 03/16/10) \$185.00
 Entry (03/17/10 - 04/14/10) \$210.00

Ron Jon Triathlon Cocoa Beach
 Triathlon Entry (01/01/10 - 02/16/10) \$65.00
 Triathlon Entry (02/17/10 - 03/16/10) \$75.00
 Triathlon Entry (03/17/10 - 04/14/10) \$85.00
 Triathlon Relay (01/01/10 - 02/16/10) \$120.00
 Triathlon Relay (02/17/10 - 03/16/10) \$140.00
 Triathlon Relay (03/17/10 - 04/14/10) \$160.00

State Farm Bikeathon
 Entry (01/01/10 - 03/21/10) \$65.00
 Entry (04/19/10 - 04/21/10) \$75.00
 Entry (05/19/10 - 05/19/10) \$85.00
 Relay (01/01/10 - 03/21/10) \$120.00
 Relay (03/22/10 - 04/21/10) \$140.00
 Relay (04/22/10 - 05/19/10) \$160.00

Dad's Day Tri (includes park entry)
 Triathlon Entry (01/01/10 - 04/18/10) \$70.00
 Triathlon Entry (04/19/10 - 05/18/10) \$80.00
 Triathlon Entry (05/19/10 - 06/16/10) \$90.00
 Triathlon Relay (01/01/10 - 04/18/10) \$130.00
 Triathlon Relay (04/19/10 - 05/18/10) \$150.00
 Triathlon Relay (05/19/10 - 06/16/10) \$170.00

WAIVER: (Must be signed)
RELEASE AND WAIVER OF LIABILITY AGREEMENT
 ALL PARTICIPANTS IN TRIATHLON, EVENTS AND ROAD RACES OF OTHER DISTANCES CONDUCTED BY SMOOTH RUNNING, LLC AND THEIR RELATED EVENTS ("EVENT") ARE REQUIRED TO, AND HEREBY DO, ASSUME ALL RISK OF PARTICIPATION IN THE EVENT BY SIGNING THIS GENERAL RELEASE AGREEMENT. The undersigned athlete ("Athlete") on behalf of himself/herself and on behalf of Athlete's personal representatives, assigns, heirs, executors, and successors hereby fully and forever releases, waives, discharges and covenants not to sue Smooth Running, LLC, its affiliated corporations and charities, the host city(ies), county and state, USATF, any and all municipal agencies whose property and/or personnel are used or in any way assist, all sponsoring or co-sponsoring companies or individuals related to the Event together with their officers, directors, shareholders, successors and assigns, (collectively "Releases") from all liability to the Athlete and his/her personal representatives, assigns, heirs, executors, and successors for any and all loss(es), damage(s) and any and all claims or demands therefore, on account of injury to Athlete, his/her property or resultant death, whether caused by the active or passive negligence of all or any of the Releases or otherwise, in connection with Athlete's participation in the Event. Athlete represents and warrants that he/she is in good physical condition and is able to safely participate in the Event. Athlete is fully aware of the risks and hazards inherent in participating in the Event and hereby elects to voluntarily participate, knowing the risks associated with the Event. Athlete hereby assumes all risks of loss(es), damage(s), or injury(ies) that may be sustained by him/her while participating in the Event. Athlete agrees to the use of his/her name and photograph in broadcasts, newspapers, brochures and other media without compensation. Athlete acknowledges that the entry fee paid is non-refundable and non-transferable. Athlete acknowledges and agrees that Smooth Running, LLC, in its sole discretion, may delay or cancel the Event if it believes the conditions on the race day are unsafe. In the event the Event is delayed or cancelled for any reason, including but not limited to: fire, threatened or actual strike, labor difficulty, work stoppage, insurrection, war, public disaster, flood, unavoidable casualty, acts of God or the elements (including without limitation, rain, hail, hurricane, tornado, earthquake), or any other cause beyond the control of Smooth Running, LLC there shall be no refund of the entry fee or any other costs of Athlete in connection with the Event. The Athlete hereby grants to The Medical Director of the Event, and his/her agents, affiliates and designers, access to all medical records (and physicians) as needed and authorizes medical treatment as needed. Athlete understands that they have the right to refuse medical care and advice of Event medical directors and representatives; if Athlete's medical condition becomes such that the Athlete's mental capacity is questioned, the physician has the right to recommend and initiate treatment of Athlete. It is understood and agreed that Athlete hereby assumes liability for any and all medical expenses incurred as a result of training for and/or participation in the Event, including but not limited to ambulance transport, hospital stays, physician and pharmaceutical goods and services. Athlete warrants that all statements made herein are true and correct and understands that Releases have relied on them in allowing Athlete to participate in the Event. ATHLETE HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT

Individual Relay
 Clydesdale(200 pounds) Athena(150 pounds)

DAD'S DAY TRI SPECIAL CATEGORIES
 Daddy Granddaddy
 Sugar Daddy(You know if you are one)
 Big Daddy(Clydesdale)
 Father & Chidren Relay(13 years old min.)

IF ATHLETE IS UNDER AGE 18: The signature certifies that my son/daughter has my permission in the Surf Coast Trifecta Series, Ron Jon Surf Shop Triathlon, Bikarathon, Dad's Day Triathlon. The signature has read the foregoing RELEASE AND WAIVER OF LIABILITY AGREEMENT (paragraph above signatures and by signing below intentionally and voluntarily agrees to its terms and conditions. The signature further certifies that my son/daughter is in good physical condition and is able to safely participate in the Triathlon and Bikeathon. I hereby authorise medical treatment for him/her and grant access to my child's

USAT# _____ *Must be USAT member to participate visit www.usatriathlon.org/login.html TOTAL \$ _____

Signature of Athlete _____ Parent/Guardian Signature if athlete is under 18 _____ Date _____

