

2009 Sparks Kids Triathlon Registration Form

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____

Emergency Contact _____

Emergency Phone _____

E-mail Address _____

Sex _____ DOB _____ Age on 09/11/09 _____

Circle T-shirt size:

Youth Small Youth Med Youth Large
Adult Small Adult Med Adult Large

Entry Fee: \$20 before 9-5-09
\$25 after 9-5-09

Total enclosed \$ _____

Please make checks to The Sparks Foundation.

I, the undersigned, in consideration of my entry into the 2009 Sparks Kids' Triathlon to be held Saturday, Sept. 19, 2009, acting for myself, heirs, personal representatives and assigns, do hereby waive and release any and all claims of damages I may have against Marvin Altman Fitness Center and Sparks Health System and all participating sponsors and supporters for all claims, suits of law or equity for any injury, fatal or otherwise, which may result directly or indirectly to myself, or any loss or losses of personal property that might occur traveling to, from or during my participation in said contest.

Signature of contestant Date

Signature of parent/guardian Date



Saturday, September 19

Sparks Regional Medical Center
P.O. Box 17006
Fort Smith, AR 72917-7006



Event Description

The Sparks Kids' Triathlon is for kids who like to swim, bike and run. The ages of participants and distances are listed below. The first group (6-and-under) starts at 7 a.m., and the older groups will follow in age order.

Location

The Sparks Kids' Triathlon will begin at the Marvin Altman Fitness Center pool, with the Bike & Run course on Lexington Ave. (which will be closed for event safety). Biking to B Street and Running to Dodson Ave.

Awards

Each competitor will receive a T-shirt and medal, plus eligibility for door prizes. Awards will also be presented for 1st-3rd place in each age group.

Race Packets

Each racer will receive a race packet with several kid items in it. Packets may be picked up on Friday, September 18, 5 - 8 p.m. and Race Day morning 6 - 6:45 a.m. at MAFC.

Registration

Open to the first 150 individuals who return their completed registration form and entry fee. **No Race Day registration.**

Registration deadline:

Friday, September 11, 2009.

Complete the registration form on the reverse side, and mail/deliver to:

Sparks Kids' Triathlon
Marvin Altman Fitness Center
P.O. Box 17006
Fort Smith, AR 72917-7006

Course Distances

Age Group	Swim	Bike	Run
6 & under *	25 yards	.5 mile	.25 mile
7-8 years	50 yards	1 mile	.25 mile
9-10 years	100 yards	2 miles	.5 mile
11-12 years	150 yards	3 miles	1 mile
13-14 years	200 yards	4 miles	2 miles

*Assist devices (i.e. kickboards, floaties, training wheels) will be allowed in the 6-and-under age group. Competitors in other age groups may use these devices but will not be eligible for an award.

Important—Each racer must provide a bicycle and an approved helmet. Helmet must be fastened before mounting the bike and should not be unfastened until dismounting the bike.

For additional information on the
Sparks Kids' Triathlon,
please call
Bob Harper at (479) 441-5469
or email
rharper@sparks.org

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