



**Clinton Lake Sprint Triathlon or Duathlon  
Registration Form**  
**August 6<sup>th</sup>, 2022**  
**8:00 am**  
**Clinton Lake SRA / Mascoutin Beach Clinton, IL**  
**(Sprint Tri Distances: 300 yard swim, 13 mile bike, 3.1 mile run)**  
**or**  
**(Duathlon Distances: 3.1 mile run, 13 mile bike, 1.5 mile run)**  
**\*Registration Due By July 29<sup>th</sup> to guarantee a race shirt\***  
**PLEASE PRINT CLEARLY**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Emergency Contact/# \_\_\_\_\_

Age as of race day \_\_\_\_\_ Email \_\_\_\_\_

\_\_\_\_\_ **Individual Entry Sprint Tri (\$50.00)**                      **Shirt Size: S M L XL XXL**

\_\_\_\_\_ **Individual Entry Duathlon (\$50.00)**                      **Shirt Size: S M L XL XXL**

\_\_\_\_\_ **Sprint Tri Team (\$75.00)**

\_\_\_\_\_ (Swimmer)                      **Shirt Size: S M L XL XXL**

\_\_\_\_\_ (Biker)                      **Shirt Size: S M L XL XXL**

\_\_\_\_\_ (Runner)                      **Shirt Size: S M L XL XXL**

The swim portion of the race may start in waves.

\$ \_\_\_\_\_ Received Entry Fee:

    \$50.00 Individual

    \$75.00 per Team

You may send your completed registration form, signed, waiver, and a check made payable to:

Clinton Community YMCA  
417 S. Alexander Street  
Clinton, IL 61727

**\*\*ALL PARTICIPANTS MUST SIGN THE LIABILITY WAIVER ON BACK\*\***  
**Submit the completed form with waiver and payment by July 29<sup>th</sup> to the YMCA**

# LIABILITY WAIVER

## 2022 Clinton Lake Sprint Triathlon or Duathlon

I hereby affirm my desire to participate in the Sprint Triathlon or Duathlon on Saturday, August 6<sup>th</sup>, 2022 at 8am sponsored by the Clinton Community YMCA.

Realizing that there is risk in this activity and in consideration of my being allowed to participate in this activity, I personally assume all risks in connection with the Sprint Triathlon / Duathlon. I further agree to release and hold harmless the Clinton Lake State Recreational Area, the Board of Directors of the Clinton Community YMCA, the Clinton Community YMCA, their officers, agents and employees from any and all claims and liabilities of any type whatsoever and for damages to, loss or destruction of any property or injury, sickness, or death which may now or hereinafter arise out of, result from, or in any way be connected with my participation in the above mentioned Clinton Lake Sprint Triathlon / Duathlon.

I further state that I am lawful age and legally competent to sign this release; that I understand the terms herein are contractual and not a mere recital; and that I have signed this document as my own free act.

I understand that a medical examination to assure myself of physical fitness is desirable, that obtaining such an examination is my own responsibility, and assume my own responsibility of physical fitness and capacity to participate in such event, and I am physically fit.

I hereby agree to comply with all the rules and regulations and event instructions of the Clinton Lake Sprint Triathlon / Duathlon. I also give permission for the free use of my name and picture in any media account of promotion of this event. Finally, I agree that in the event of race disqualification, cancellation due to weather or my failure to attend, my entry fee shall not be refunded.

_____	_____	_____
Participant Signature	Date	Parent Signature (if applicable)

_____	_____	_____
Participant Signature (if team member)	Date	Parent Signature (if applicable)

_____	_____	_____
Participant Signature (if team member)	Date	Parent Signature (if applicable)

**Submit the completed registration form with waiver and payment by July 29<sup>th</sup> to the Clinton Community YMCA.**