

15TH ANNUAL SUMMER TRI & DUO
SATURDAY, AUGUST 3, 2019
BECK LAKE PARK
2401 14TH STREET
CODY, WY 82414

PLEASE TAKE OR MAIL ALL ENTRIES TO THE PAUL STOCK
 AQUATIC & RECREATION CENTER:

1402 HEART MOUNTAIN STREET /P.O. BOX 2200
 CODY, WY 82414

Checks can be made payable to the City of Cody.

Cost on or before July 22: \$35/individual or \$70/team.
After July 22, a \$15 late fee applies.

EVENT INCLUDES:

TRIATHLON: A 500 YARD OPEN WATER SWIM @ NEW CODY RESERVOIR: +/- 6 MILE BIKE RIDE ON THE BECK LAKE TRAILS OR +/- 14 MILE ROAD RIDE ON HWY 14 16 20, & 3 MILE MIXED TERRAIN RUN.

DUATHLON: BIKE LEG OF YOUR CHOICE MOUNTAIN OR ROAD & 3 MILE MIXED TERRAIN RUN.

RACE: TRIATHLON (SWIM/BIKE/RUN) DUATHLON (BIKE/RUN)

NAME: _____ **SWAG BAGS TO THE FIRST 50 ENTRANTS!**

MALE **FEMALE**

AGE ON RACE DAY: _____

ADDRESS: _____

PHONE: _____

EMAIL: _____

CIRCLE ONE: INDIVIDUAL TEAM

TEAM MEMBERS: *(EACH MEMBER MUST SIGN WAIVER)*

SWIMMER: _____ (WET SUITS ARE ALLOWED, BUT NOT REQUIRED.)

CYCLIST: _____ **RUNNER:** _____

PLEASE INDICATE YOUR BIKE LEG:

BECK LAKE MOUNTAIN BIKE TRAILS

ROAD RIDE HWY 14 16 20

The Cody Parks & Recreation Department does not provide medical insurance to cover participants during an activity. This is the responsibility of each individual involved in any department program or activity.

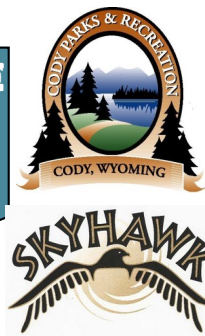
I hereby give my consent for myself and/or _____ to participate in recreational activities sponsored by the Cody Parks and Recreation Department in Cody, Wyoming, during any session of the recreation program. I hereby release the Shoshone Recreation District, Recreation Director, recreation Staff and Board of Directors, the Cody Parks and Recreation Department, the City of Cody, all City staff, volunteers and Sponsors associated therewith from all liability, including claims and suits at law or inequity for any injury fatal or otherwise, while participating in any of the recreation activities and understand that I will be fully responsible for any damage or injuries incurred by the participant while involved in any Recreation Department activity.

 Signature date

* Parental guardian if under 18

TRI CODE: 260003-1

DUATHLON CODE:
260002-1



PLEASE INCLUDE YOUR EMAIL for race updates, water temperature status, training opportunities and more!