The undersigned individual (parent or guardian if under age 18) represents that the registrant is in good health and can participate in this activity and with prior knowledge of the physical nature of the activity releases the Penn Trafford Area Recreation Commission (PTARC), and Department, the Penn-Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents or employees harmless from any and all claims or causes of action that may arise from this activity. The undersigned individual also hereby gives permission to PTARC to use photographs of the participant for the promotion of PTARC events and programs. The participant agrees to hold PTARC, and Department, the Penn Trafford School District, the Borough of Manor, the Borough of Penn, the Borough of Trafford, Penn Township, and/or its affiliates or subsidiaries, officers, directors, agents or employees free and harmless from liability of any nature.

I agree to return the rental chip at the finish line. If I fail to do so I will pay a $35 fee for the non-returned chip.

****ADULTS: I understand that the bike course is on public roadways that will be open to traffic and I must obey the center line rule at all times.****

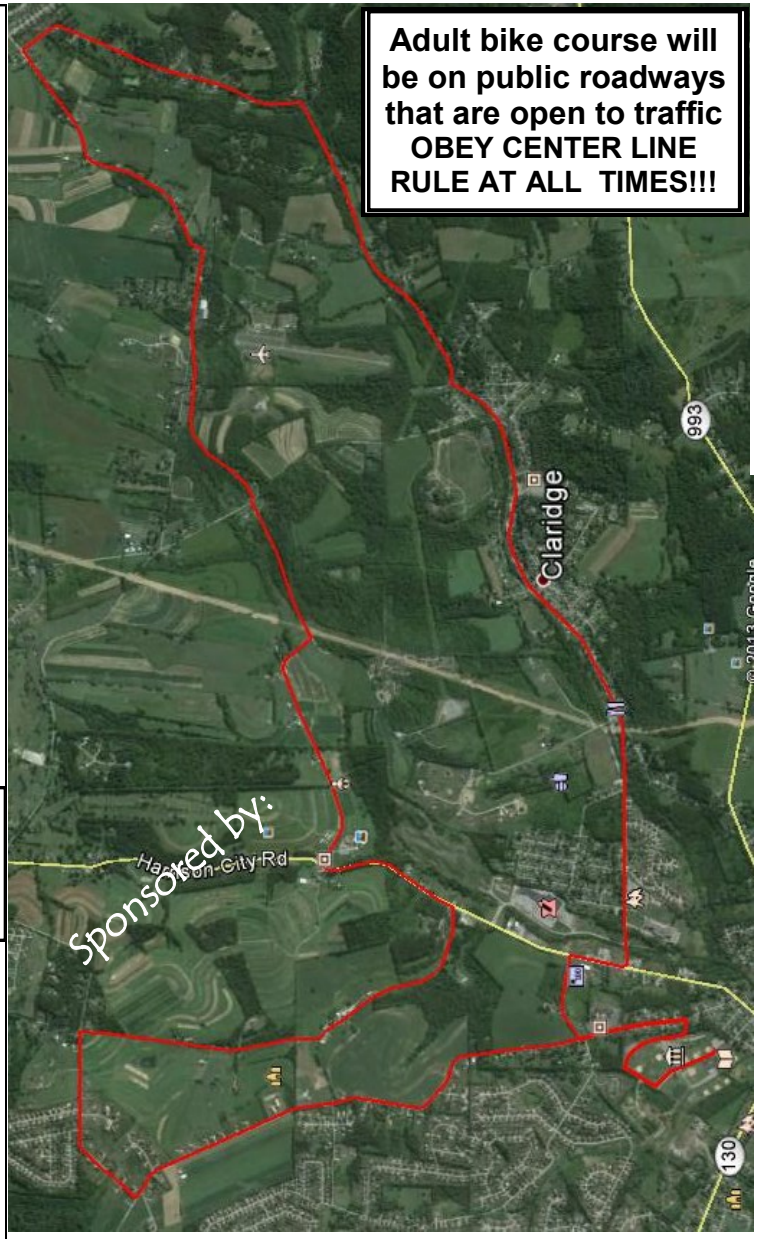
Signature _____

(If under 18 signature of parent or guardian is required)

Printed Name _____

Date _____

*****Complete reverse side and enclose payment*****



PENN TRAFFORD NEWS

P.T.A.R.C. Triathlon

swim... bike... run...

June 21st, 2014

Penn Township Municipal Park
Ages: 6-17 & Adults
Adult Registration: 6:30-7:15 a.m.
Youth Registration: 8-8:00 a.m.
(All participants must check in during registration)

Pre-Race Meeting: 7:15/9:00 a.m.
Adult Race Begins: 7:30 a.m.
Youth Race Begins: 9:30 a.m.

Mr Waterheater — Since 1961 — Keeping water HOT!

PEOPLES

PTARC
Penn Trafford Area Recreation Commission

The **P.T.A.R.C.** (Penn Trafford Area Recreation Commission) **Triathlon** is open to anyone age 6 through adult! A **team option** is available for adults. A team consists of 3 participants: a runner, a rider & a runner. Teams must simultaneously submit an application and waiver for each person on the team & each application must include the names of all members.

Age	Run	Bike	Run	Awards
6, 7, 8	1/4 mi.	.4 mi.	1/4 mi.	1, 2, 3 for each age & gender
9, 10, 11	1/4 mi.	.8 mi.	1/2 mi.	1, 2, 3 for each age & gender
12, 13	0.6 mi	2 mi.	1. 2 mi.	1, 2, 3 for each age & gender
14—17 Indiv.	0.6 m	2 mi.	1.2 mi.	1, 2, 3 gender only
18 & Over Indiv.*	0.92 mile	13.6 mi.	2.4 mi.	1, 2, 3 within age brackets & gender
105 & Under Teams**	0.92 mile	13.6 mi.	2. 4 mi.	1, 2, 3 among 105 & under teams
106 & Over Teams**	0.92 mile	13.6 mi.	2.4 mi.	1, 2, 3 among 106 & over teams

*18-29, 30-39, 40-49, 50-59, 60 & up **Based on combined age of all three team members on race day.

Bicycle helmets and closed toe shoes are required. Children must transition without the aid of an adult. There will be volunteers to direct the athletes as they move from bikes to running. Have your bike checked prior to the triathlon to ensure it is in safe riding condition including tire condition, air pressure and brake adjustment. Once parked, vehicles must remain in the parking area until all participants have completed the race. Bikes may not be removed from the staging area until all runners have completed the race. Additional registration forms may be printed at www.ptarc.org. For additional information please contact: P.T.A.R.C at 724-744-2171 x205/x204, ckemerer@penntwp.org or Amanda Webb at 330-806-4741, pttriathlon@gmail.com.

This event is rain or shine and registration fees are non-refundable.

1ST, 2ND, & 3RD PLACE FINISHERS

WILL RECEIVE

$10 GIFT CERTIFICATE FROM :

Gateway Grill

OR

Bella Luna Trattoria

POWERED BY PRO BIKES™

This coupon entitles participants in the P.T.A.R.C. Triathlon to a **free bicycle safety check** at **Pro Bikes** in Monroeville, Squirrel Hill, or Bethel Park This includes brake inspection & adjustment, tire inspection & air pressure adjustment. Replacement parts or other service at your expense. Offer expires 06/20/2014 and applies only to bikes to be used in this triathlon.

2014 P.T.A.R.C. Triathlon

Name _____

Birthdate _____ Male _____ Female _____

Age on 6/21/14 _____ Indiv. _____ Team _____

Team Combined Age on 6/21/2014 _____

ADULTS ONLY—Indicate approx. 1 mile run time for seeding purposes.: _____

Address _____

City _____ **St** _____ **Zip** _____

Residency: Penn Twp. _____ Penn Borough _____

Manor _____ Trafford _____ Non-resident _____

Phone (1) _____ **(2)** _____

Email _____

(for registration confirmation and race information only)

Team Member Names:

Runner_____

Rider _____

Runner _____

(submit an applic./waiver for each member together with one (1) fee)

Shirt Size: **YM** _____ **YL** _____

AS _____ **AM** _____ **AL** _____

AXL _____ **2XL (add $1.00)** _____

$25 Indiv.(by 6/15)_____ **$30 Indiv.**(after 6/15 & race day) _____

$70 Team(by 6/15) _____ **$85 Team**(after 6/15 & race day) _____

Registration fees are non-refundable. Shirts only guaranteed for pre-registered participants.

Mail: 1. Completed registration form & signed waiver (reverse)

2. and Check to: PTARC, Triathlon
2001 Municipal Court
Harrison City, PA 15636

This event will be scored by Miles of Smiles using a chip timing system. On race day, participants will be issued a rental computer chip which is worn around the ankle throughout the race. Timing mats at the finish will record a finishing time for each chip. Teams will be issued one (1) chip which must be passed in relay fashion from member to member. All rental Chips must be returned at the finish line. There is a $35 fee for each lost or non-returned chip.

****

Sign Waiver & Acceptance of Chip Responsibility on Reverse