



The Jennings Lions Club Presents...
TRI for Those Who Can't Triathlon
Sunday, October 10, 2010
8:00 a.m.

Beginning from the Health and Fitness Center
2002 Johnson Street, Jennings, LA (behind the hospital)

125 meter indoor swim, 10 mile bike ride, 2 mile run.
Easy course, lots of fun for all ages!

Registration: Early Registration - \$35.00
After October 3, 2010 - 45.00
Race Day- 50.00

Refreshments and prizes: Definitely!

Awards: Will be given to top 3 overall female and male, top 2 in age groups, female and male

**Register online at www.lafayettefitness.org or mail completed form below to
503 Alice St. Jennings, LA 70546**

Name: _____ Age: _____

Address: _____

Email: _____ M or F

Estimated swim time in seconds only (example 3 minutes = 180 seconds) _____ seconds

Payment amount: Payable to Jennings Lions Club: _____

T-Shirt size: Adult small Med Large X-large

I know that competing in a race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I assume all risks associated with swimming, biking and running in any Lions Club event, not limited to fall, contact with other participants, effects of weather, including high heat/humidity, traffic and other conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting my entry, I for myself and anyone else entitled to act on my behalf, waive and release the Jennings Lions Club, The Health and Fitness Center of Jeff Davis Parish, Orgeron Residential Properties, LLC, and all race sponsors, their representatives and successors from all claims in liabilities of any kind arising out of my participation in the event. I grant permission of all of the forgoing to use any photographs, motion picture recording or any other record of the event for any legitimate purpose.

Signature: _____ Date: _____

Signature: (Parent or Guardian) _____ Date: _____

Questions: Call Mia Orgeron (337)658-5061
Email: miaorgeron@yahoo.com