

# 30<sup>th</sup> annual PAX RIVER team triathlon

Begins at the Pax River Outdoor Pool



**0.5 mile - SWIM**



**13.1 mile - BIKE**



**3.1 mile - RUN**

#### DATE

**Saturday, Sept. 7**

#### RAIN DATE

**Saturday, Sept. 14**

#### COST

**\$45 per team**

#### TIME

**Competition starts at 8 a.m.**

#### ELIGIBLE PATRONS

**Competition is open to active-duty, reserved and retired military, DoD employees and patrons with a fitness and sports membership, their family members and accompanied guests**

#### REGISTRATION

**Register at the fitness and sports office**

#### FOR MORE INFORMATION CONTACT

**Fitness and Sports Director  
at 301-342-5449**



# 30<sup>th</sup> annual PAX RIVER team triathlon

0.5 mile-SWIM • 13.1 mile-BIKE • 3.1 mile-RUN



- Competition starts at the Pax River outdoor pool at 8 a.m.
- Register at the fitness and sports office.
- Fee \$45 per team
- Competition is open to active-duty, reserved and retired military, DoD employees and patrons with a fitness and sports membership, their family members and accompanied guests.
- For more information, contact the Fitness and Sports Director at 301-342-5449.

## Saturday, Sept. 7

**TEAM NAME** \_\_\_\_\_

**DIVISION** (circle one):      Male      Female      Co-Ed      Family

INDIVIDUAL NAMES	E-MAIL ADDRESS	COMMAND	PHONE

### SWIMMER

**Shirt Information** (circle one):      Male      Female      **Shirt Size** (circle one):      S      M      L      XL      XXL

### BIKER

**Shirt Information** (circle one):      Male      Female      **Shirt Size** (circle one):      S      M      L      XL      XXL

### RUNNER

**Shirt Information** (circle one):      Male      Female      **Shirt Size** (circle one):      S      M      L      XL      XXL

### RELEASE CERTIFICATION

I, the undersigned, hereby release, remise and forever discharge the United States of America and all agents, representatives and employees, there-of, and their successors, from any and all claims and damage whatsoever which I, my heirs, executors, administrators, have or may have against the said United States of America, its agents, representatives or employees, by reason of any damages or injuries which may have been I myself/family members in the use of the recreational facilities located aboard and operated by the Naval Air Station, Patuxent River, Maryland.

### PHOTO POLICY

On occasion, MWR staff may photograph or videotape participants utilizing MWR facilities or participating in recreational programs. These photographs are for MWR use only and may be used in publications, brochures, pamphlets, fliers or video productions.

### SIGNATURE OF EACH PARTICIPANT

\_\_\_\_\_  
Date \_\_\_\_\_

\_\_\_\_\_  
Date \_\_\_\_\_

\_\_\_\_\_  
Date \_\_\_\_\_

**FOR OFFICE USE ONLY:** Entry Fee Runner No. Payment      \_\_\_\_\_ Cash      \_\_\_\_\_ Check