



# TRIATHLON TRAINING

FOR BEGINNERS & INTERMEDIATES

## TRAINING PLAN

- FITNESS TESTING
- MINIMUM 10 PARTICIPANTS REQUIRED
- PROFESSIONALLY DEVELOPED 8-WEEK TRAINING PROGRAM
- FRIDAY MORNING WORKOUTS AT SHELBURNE BEACH (5:45 - 7:00 AM)
- SUNDAY MORNING GROUP RIDES & RUN IN NORTH FERRISBURG (7:00 - 8:30 AM)

# \$299

ALL PROCEEDS BENEFIT  
THE AMERICAN CANCER  
SOCIETY.



Receive a **FREE**  
**EXCLUSIVE** training jersey  
if paid registration is  
received by  
June 25

## WHAT YOU'LL LEARN

SWIM, BIKE & RUN TECHNIQUE & FORM  
EQUIPMENT & APPAREL CHOICES  
PROPER TRAINING METHODS  
TRANSITION TECHNIQUES  
INJURY PREVENTION  
BIKE MAINTENANCE  
SPORTS NUTRITION



## OTHER BENEFITS

- Bi-Weekly Speaker Series
- Entry into August 28 RaceVermont.com Sprint Triathlon
- Access to fitness experts for questions, concerns, etc.
- Weekly e-mail providing you with training tips, advice and motivation!
- Discounts galore!
  - 10% off at SkiRack
  - \$10 coupon for purchase at Fleet Feet Sports
  - 50% off from XTERRA WETSUITS, official wetsuit rental company of RaceVermont.com
  - \$129 Nutritional Assessment for only \$99
  - Health Club Membership at Shelburne Health & Fitness for the duration of the training for only \$75
- Post race celebration
- Opportunity to turn your passion for endurance events into a lifesaving adventure to fight cancer
- Opportunity to participate in memory or in honor of a loved one touched by cancer, as well as "in memory of" and "in honor of" ribbons to wear on race day



## JULY 3 - AUGUST 20

Call (802) 985-4410 to register.

*RaceVermont.com...Where everyone can be a star!*



# TRIATHLON TRAINING

Each racer should print this form, fill it out (neatly please), and mail to:

RaceVermont.com  
c/o Shelburne Health & Fitness  
166 Athletic Drive, Shelburne, VT 05482

Phone: 802-985-4410  
email: rayne@racevermont.com

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Name \_\_\_\_\_ Sex \_\_\_\_\_ DOB mm/dd/yy \_\_\_\_\_

Address \_\_\_\_\_ Shirt Size \_\_\_\_\_

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

Day Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Total \$ \_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_ House Acct (SHF Members only)

Credit Card # \_\_\_\_\_ exp \_\_\_\_\_

3 digit CC Code \_\_\_\_\_

## SWIM

## BIKE

## RUN

### Waiver and Release Form

*Read carefully before signing.*

In consideration of the acceptance by sponsor of my entry in this event, I hereby waive any liability the sponsor may have arising out of my participation in this event. Furthermore, I acknowledge, agree and represent that I have read the rules and regulations of the event, and as a participant, I understand the nature of the activity required to participate in this event and the risks and dangers presented by such activity, including, but not limited to, serious bodily injury, permanent disability, paralysis and death, or the loss of personal property ("Risks"), and that I am participating in this event voluntarily and entirely **at my own risk**. These Risks may be caused by my own actions or inactions, the actions or inactions of others participating in this event, the condition of the facilities or premises in which the activity takes place, or the negligence or willful misconduct of the Herzog Enterprises, LLC, RaceVermont.com Race Series, Shelburne Health & Fitness, Shelburne Recreation Department, Town of Shelburne, Town of Charlotte, Town of Ferrisburgh, Town of Burlington, Shelburne Farms, Shelburne Orchards, and all sponsors of this race (collectively, the "Released Parties"). I fully **accept and assume** all such Risks and all responsibility for losses, costs and damages I incur as a result of my participation in this event.

I **hereby release**, discharge, and covenant not to sue the Released Parties, and if applicable, owners and lessors of the premises on which the event takes place from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence or willful misconduct of the Released Parties or otherwise, including negligent rescue operations; and I further agree that if, despite this waiver and release of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Released Parties, I **will indemnify, save and hold harmless** each of the Released Parties from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

If any portion of this waiver and release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release shall remain in full force and effect and the offending provision or provisions severed herefrom.

I hereby authorize RaceVermont.com, its representatives and employees the right to take photographs of me and my property in connection with participation in this event. I hereby grant to RaceVermont.com, its affiliates and its successors and assigns, a non-exclusive, transferable, royalty-free license, with the right to sublicense, to copyright, use and publish such photographs in print and/or electronic media.

I hereby agree that RaceVermont.com may use such photographs with or without my name and for any lawful purpose, including, but not limited to, publicity, illustration, advertising and website content.

By signing this release, I acknowledge and agree that I fully understand its content, that such content cannot be modified or amended orally, that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signed:

\_\_\_\_\_

Printed Name:

\_\_\_\_\_

Dated: \_\_\_/\_\_\_/\_\_\_

Please call (802) 985-4410 or fax  
form to (802) 985-4407 to register.