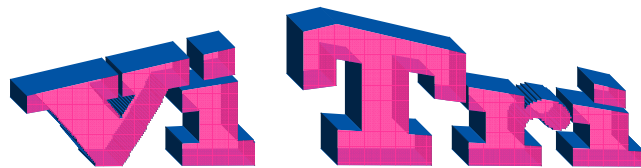


The City of Visalia Parks & Recreation Department and *On Your Mark* present
the 4th Annual



Sunday, April 3, 2011

8:00 a.m.

El Diamante High School
5100 W. Whitendale Avenue, Visalia, 93277



☒ **NEW – 2 events to choose from:**

The City of Visalia proudly offers its 4th Annual Triathlon. This year's event will feature two course options.

Half Course: 400 yard swim, 9 mile bike, 2 mile run.
Full Course: 800 yard swim, 18 mile bike, 4 mile run

Swim: Takes place at El Diamante High School pool. Swimmers will start in waves.

Bike: Course has some gradual uphill but is very smooth and fast, out and back to Plaza Park

Run: Flat and fast city streets surrounding El Diamante High School.

☒ **Awards**

Medals three (3) deep in five (5) year age groups. Trophies to overall winners.

☒ **Contacts**

For more information or to register, call (559) 713-4365, email recreation@ci.visalia.ca.us or visit www.liveandplayvisalia.com or www.onyourmarkevents.com.

☒ **Registration**

Mail: completed registration form with payment to: City of Visalia Parks & Recreation, 345 N. Jacob Street, Visalia, CA 93291

Fax: completed form with credit card information to (559) 713-4819.

On-Line: www.liveandplayvisalia.com or www.onyourmarkevents.com

Walk In: Parks and Recreation Department, 345 N. Jacob Street, Visalia.

At the Event: Registration will start at 7:00a.m. at El Diamante High School Pool, 5100 W. Whitendale Avenue, Visalia, 93277.

☒ **Entry Fees**

Half Course	Ages 14 & over	\$59 advance \$69 at event
Full Course	Ages 14 & over	\$69 advance \$79 at event

Advance registration deadline is March 31st!

All competitors will receive an event T-shirt, and refreshments following the event.

REGISTRATION FORM – please print clearly

Name _____

Address _____

City/State _____ Zip _____

Email _____ Phone _____

Age on Race Day _____ Date of Birth _____

Event:

- Full Course \$69/\$79
- Half Course \$59/\$69



Payment:

- Check payable to *City of Visalia* enclosed (please do not mail cash)
- Credit Card Type _____
Number _____ Exp. _____

WAIVER: I certify that I am physically fit and sufficiently trained to participate in the Vi Tri Triathlon. In consideration of acceptance of my entry into the event, and recognizing that there are certain inherent risks associated with participating in an event of this type, I agree to assume that risk and indemnify, waive, release and hold harmless the City of Visalia and any sponsor(s) including On Your Mark and Visalia Unified School District, their directors, managers, officers, employees, representatives, agents, heirs and assigns from any and all claims for damages arising from or out of my participation in and travel to and from the event. I will assume responsibility for my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring in my participation in the event. I have read and fully understand the above.

Signature _____

Date _____