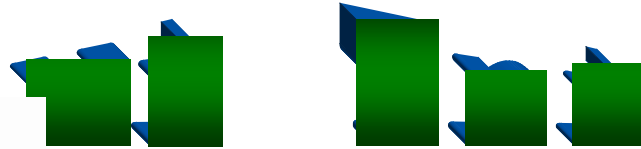


The City of Visalia Parks & Recreation Department and *On Your Mark* present



Sunday, April 11, 2010

8:00 a.m.

**El Diamonte High School
5100 W. Whitendale Avenue, Visalia, 93277**



■ **Adult & Youth Event** - 400 yard swim, 10 mile bike, 2 mile run.

Pool swim: Great for first-timers and youth. Course will be 16 lengths. Swimmers will start in waves.

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

Run: Flat and fast city streets.

■ **Awards**

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

KIDS EVENT
Complete with kids distances for ages 7-12.
2 year age brackets for awards!
7-8, 9-10, 11-12
200 yard swim, 3 mile bike, 1 mile run
The "Kids Distance" event will start with its own wave after the main event has started.

■ **Contacts**

For more information or registration, call (559) 713-4365, email jglick@ci.visalia.ca.us or visit www.onyourmarkevents.com.

■ **Registration** (*checks to City of Visalia*)

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.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 Diamonte High School Pool, 5100 W. Whitendale Avenue, Visalia, 93277.

■ **Entry Fees**

Adults (ages 17 & over) \$59 advance / \$69 at event

Youth (ages 13-16) \$39 advance / \$49 at event

Kids Distance (ages 7-12) \$29 advance / \$34 at event

Advance registration deadline is April 8th!

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

REGISTRATION FORM – please print clearly

Name _____

Address _____

City _____ Zip _____

Email _____ Phone _____

Age on Race Day _____ Date of Birth _____

Event:

- Adult (ages 17 & over)
- Youth (ages 13-16)
- Children (ages 7-12)



Payment:

- Check enclosed (please do not mail cash)
- Credit Card Type _____

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 _____