

Splash-N-Dash Registration Type (Pick One)		Event T-Shirt included in Registration Fee	
Race Description	Race Legs	Team	Individual
Quadrathlon	Swim, Bike, Kayak, Run	<input type="checkbox"/> \$25 per team member	<input type="checkbox"/> \$30
Triathlon	Swim, Bike, Run	<input type="checkbox"/> \$25 per team member	<input type="checkbox"/> \$30
Duathlon	Bike, Run	<input type="checkbox"/> \$25 per team member	<input type="checkbox"/> \$30
5K Race	Run	<input type="checkbox"/> Timed <input type="checkbox"/> Untimed	<input type="checkbox"/> \$30 adult <input type="checkbox"/> \$15 child (under 12)

**Individual Information (Complete this section for individual registration or team captain.)**

**First Name** \_\_\_\_\_ **Last Name** \_\_\_\_\_

**Street Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**Home Phone** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Email Address** \_\_\_\_\_ **Shirt Size** \_\_\_\_\_

for individual reg. (S, M, L, XL, XXL)

Individual Category and Age Group (Choose One)					
Individual Male	<input type="checkbox"/> 18 and Under (HS)	<input type="checkbox"/> 19-29	<input type="checkbox"/> 30-39	<input type="checkbox"/> 40-49	<input type="checkbox"/> Over 50
Individual Female	<input type="checkbox"/> 18 and Under (HS)	<input type="checkbox"/> 19-29	<input type="checkbox"/> 30-39	<input type="checkbox"/> 40-49	<input type="checkbox"/> Over 50

**Team Information**

(If you chose a team registration, please complete the following fields.)

**Team Name:** \_\_\_\_\_

**Team Category**

- Business Team** (Members must all work for same business)
- Family Team** (Members must all be related.)
- Female Team** (Members must all be COWGIRLS)
- Male Team** (Members must all be COWBOYS)
- Mixed Team** (Both COWBOYS and COWGIRLS)
- School Team** (Members must attend same school)

Team Leg Info	First Name	Last Name	Shirt Size (S, M, L, XL, XXL)
Swim			
Bike			
Kayak			
Run			

**Read & Sign Waiver – REQUIRED Incomplete forms will be returned and NO entry will be allowed.**

In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, & administrators, forever waive, release & discharge any and all rights & claims for damages & causes of suit or action, known or unknown, that I may have related to or arising out of my participation in the Splash-N-Dash and the other related races (the "Event") against the Crook County School District, its owners, employees, agents, representatives, officials and volunteers, all independent contractors and construction firms working on or near the Event courses, and all sponsors of the Splash-N-Dash and the Event and their officers, directors, employees, agents, representatives, successors, and assigns. I attest that: I am physically fit and have sufficiently trained for the completion of this Event; I am aware of the precautions that must be taken when running in warm or cold conditions; I acknowledge that swimming, biking, kayaking and running is inherently dangerous and, notwithstanding the dangers, I have voluntarily decided to participate in the Event. I assume the risk of injury or death that may result from my participation in the Event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the Event. I further assume and will pay my own medical and emergency expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expense. Further, I hereby grant full permission to the Splash-N-Dash and/or agents hereby authorized by them, to use any names, photographs, videos, recordings, or any other record of this Event for any legitimate purpose at any time. I have read this waiver carefully & understand it.

Signed \_\_\_\_\_ Date \_\_\_\_\_ (If under 18, signature of Parent or Legal Guardian)

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