

RELEASE & WAIVER OF LIABILITY

RELEASE AND INDEMNIFICATION FORM *READ CAREFULLY BEFORE SIGNING*

In consideration of the acceptance of my entry in the Heart & Sole Triathlon,


1. I hereby agree to comply with all the rules, regulations and event instructions of the Heart and Sole Triathlon and its directors.
2. For myself, my executors, administrators, heirs, next of kin, successors and assigns, I HEREBY (a) wave and release any and all claims that I may have against the Heart & Sole Triathlon, its Event Committee, their officers, directors, members, volunteers, employees, sponsors, or any one or more of their executors, administrators, heirs, next of kin, successors or assigns (their releases) including any and all claims for damage caused by the event and its related activities, together with any costs, including attorney's fees, that may be incurred as a result of any such claim whether valid or not, and (b) indemnify and hold harmless and release each of them against any such claim that I or my guests or any one or more of my or their executors, administrators, heirs, next of kin, successors or assigns may have or assert and against any costs including attorney's fee with respect thereto.
3. I hereby acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the Heart & Sole Triathlon event and its related activities.
4. I hereby acknowledge that participation in the Heart & Sole Triathlon competition carries potential hazards. I therefore release the Heart & Sole Triathlon, its event committee, their officers, directors, members, volunteers, employees or sponsors of any liability resulting from injury or death during the event and its related activities.
5. I hereby attest and verify that I am physically fit and have sufficiently trained for this competition and that my physical condition has been verified by a licensed medical doctor.
6. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and / or illness during the Heart & Sole Triathlon.
7. I hereby acknowledge that refunds will not be given for injuries, illness, schedule conflicts, inclement weather, etc. I also understand and agree that in the event of race cancellation or alteration due to storm, rain, inclement seas, or weather, winds or other "Acts of God" conditions, my enrollment fee shall be non-refundable.
8. I grant full permission to the Parks & Recreation Department, all sponsors and/or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose.

Written signature of participant or guardian _____

Date _____

Mail to: Versailles-Woodford Co. Parks & Recreation
Attn: Triathlon
275 Beasley Drive
Versailles, KY 40383

Versailles-Woodford Co. Parks & Recreation
Heart & Sole Triathlon
275 Beasley Drive
Versailles, KY 40383



KORT
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KENTUCKY ORTHOTRAUMATIC REHABILITATION TEAM

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16TH ANNUAL**

**16th Annual
Heart & Sole Triathlon
April 20, 2019**

**Woodford Co. Park
275 Beasley Drive
Versailles, KY**

Register online:
www.vwcparksrec.com

For More Info:
(859) 873-5948
www.vwcparksrec.com

VERSAILLES, KY

KORT PHYSICAL THERAPY HEART & SOLE TRIATHLON



April 20, 2019

LOCATION

Versailles is located in Central Kentucky, just 10 miles west of Lexington, 60 miles east of Louisville, 100 miles south of Cincinnati & 180 miles north of Knoxville.

COURSE DESCRIPTION

This USAT event is for all ages & skill levels, including first time racers. Rolling hills & scenic horse farms make the Heart & Sole Triathlon a beautiful backdrop for both competitors & spectators alike. The course consists of:

- **400 Yard Swim** - indoors in Falling Springs Center's 82° pool.
- **15-Mile Bike** - through the heart of Bluegrass horse farms and historic downtown Versailles.
- **Cross-Country 5K Run**—through Woodford County Park on one of the most challenging cross-country courses in KY.

Course maps are available online at www.vwcparksrec.com and at Falling Springs Center.

AID STATIONS

There will be aid stations with water at the transition area & one station on the run course (no aid stations on the bike course).

USAT SANCTIONED EVENT

USA Triathlon (USAT) is the national governing body for triathlons. USAT-sanctioning allows USAT members to accumulate points towards national rankings. You do not have to be a USAT member to compete. Registration fees include a one-day license for non-members (\$10). Visit www.usatriathlon.org for more info.

REGISTRATION FEES

NOTE: SHIRTS ARE NOT GUARANTEED FOR REGISTRATIONS RECEIVED AFTER APRIL 14. EXTRA SHIRTS WILL BE ORDERED & DISTRIBUTED ON A FIRST COME, FIRST SERVED BASIS TO THOSE REGISTERED AFTER 4/14/19.

ENTRY FEES (*Tax not included)

	Early Registration By March 31	Late Registration April 1-19	Race Day April 20
USAT Member	\$60	\$70	\$80
USAT Non-Member	\$75	\$85	\$95

REGISTRATION INFORMATION

- Registration accepted by:
 - Mail
 - Online at vwcparksrec.com until 11:59 PM on April 16)
 - In person at Falling Springs Center
- Registrations accepted race day til 7:30 AM.
- Registration is limited to 250 participants
- No relay teams



PACKET PICK-UP

- **Friday, April 19:** Falling Springs Center at 275 Beasley Drive, Versailles from 9AM to 1PM.
- **Race Day, April 20:** Falling Springs Center, 6:15-7:30 AM

GENERAL RACE INFORMATION

- The swim will be seeded prior to race day, so please list your swim time as accurately as possible on the registration form. (Race day registrants will be placed at the back of the swim.)
- Pre-race instructions at 7:45 AM in the transition area.
- Race begins promptly at 8 AM, weather permitting.
- Helmets are required on the bike course
- Chip timing will be used
- Minimum age is 15 years old by December 31, 2019

AWARDS

Awards will be presented after the race, so plan to stick around. We will have plenty to eat as well as door prizes while you wait. Awards will be presented to the top three overall male & female finishers, top male & female winner in each age group (5 year increments from ages 15-19 through 70+) and overall top male and female finishers in each race leg.

VOLUNTEERS

Volunteers are always needed! Anyone wishing to help should contact Tefany at 859.873.5948 or tbleuel@vwcparksrec.com.

REFUND POLICY

Your payment will be returned if it is received after the event fills. Refunds are not given for injuries, illness, schedule conflicts, inclement weather, etc. after April 14, 2019. Versailles-Woodford Co. Parks & Recreation reserves the right to cancel or alter the race for safety reasons due to inclement weather, course conditions or other unforeseen circumstances. No refunds will be issued in these cases. Bib numbers are not transferrable.

EVENT QUESTIONS

Contact Rainey at 859.873.5948 or rjohns@vwcparksrec.com or email Todd Heady at todd@headfirstperformance.com with questions. Race info and online registration is available at www.vwcparksrec.com/special-events.



HEART & SOLE TRIATHLON REGISTRATION (ENTRIES ARE NON-TRANSFERABLE)

Name _____

Age on 12/31/19 _____

Birth date _____

Sex: M / F

Address _____

City / State / Zip _____

Daytime Phone _____

Evening Phone _____

Email Address: _____

Is this your first triathlon YES NO

USAT Member: NO YES (USAT # _____)

Do you have a physical disability? _____

Shirt Size (Circle):

AS AM ALG AXL AXXL



Circle Estimated 400 Yard Swim Time:

Under 4 Min Under 6 Min Under 8 Min Under 10 Min Under 12 Min Under 14 Min
Under 5 Min Under 7 Min Under 9 Min Under 11 Min Under 13 Min

Circle Entry Fee (*includes tax)	Early Registration Through March 31	Late Registration April 1 - April 19	Race Day April 20
USAT Member	\$63.60	\$74.20	\$84.80
USAT Non-Member	\$79.50	\$90.10	\$100.07

Amount Enclosed: _____

Method of Payment: Cash Check Credit Card

Credit Card # _____

Expiration _____

Security Code _____

I authorize the Versailles-Woodford County Parks & Recreation Department to charge my credit card in the above listed amount.

Card Holder's Signature _____

Date _____

Please make checks payable to: VWCPRD

Release & Waiver of Liability Required...

PLEASE READ AND SIGN BACK OF THIS FORM!!!

DETACH & MAIL WITH PAYMENT