

## **RELEASE & WAIVER OF LIABILITY**

**THIS IS A RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT**

**READ CAREFULLY BEFORE SIGNING**

IN CONSIDERATION of being permitted to participate in any way in the HEART & SOLE TRIATHLON, EACH OF THE UNDERSIGNED, for him/herself, his/her personal representatives, heirs & next of kin:

1. Hereby agrees to comply with all the rules, regulations and event instructions of the Heart and Sole Triathlon and its directors.
2. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Versailles-Woodford County Parks & Recreation Department, and all of their directors, officers, agents, volunteers and employees, (hereinafter referred to as "Releasees") FROM ALL LIABILITY TO THE UNDERSIGNED, his/her personal representatives, assigns, heirs and next of kin FOR ANY AND ALL LOSS OR DAMAGE, AND ANY CLAIM OR DEMANDS THEREFORE ON ACCOUNT OF INJURY AND/OR EXPOSURE TO INFECTIOUS SYNDROMES OR DISEASES TO THE PERSON OR PROPERTY OR RESULTING IN ILLNESS AND/OR DEATH OF THE UNDERSIGNED ARISING OUT OF OR RELATED TO THE EVENT(S), WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE. BY PARTICIPATING OR ATTENDING THIS EVENT YOU ASSUME ALL RISKS WHETHER KNOWN OR UNKNOWN.
3. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Releasees and each of them FROM ANY LOSS, LIABILITY, DAMAGE, OR COST they may incur arising out of or related to the EVENT(S) WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES or otherwise.
4. HEREBY acknowledges that THE ACTIVITIES OF THE EVENT(S) MAY BE DANGEROUS and involve the risk of exposure to infectious syndromes and diseases, serious illness, injury and/or death and/or property damage and he/she ASSUMES FULL RESPONSIBILITY FOR ANY RISK WHATSOEVER, INCLUDING BUT NOT LIMITED TO BODILY INJURY, EXPOSURE, DEATH OR PROPERTY DAMAGE arising out of or related to the ACTIVITY/ACTIVITIES whether caused by the NEGLIGENCE OF RELEASEES or otherwise.
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.
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.

\_\_\_\_\_  
Signature of participant or guardian

\_\_\_\_\_  
Date

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

**THANK YOU TO 2023  
RACE SPONSOR**

**PANNELL  
SWIM**

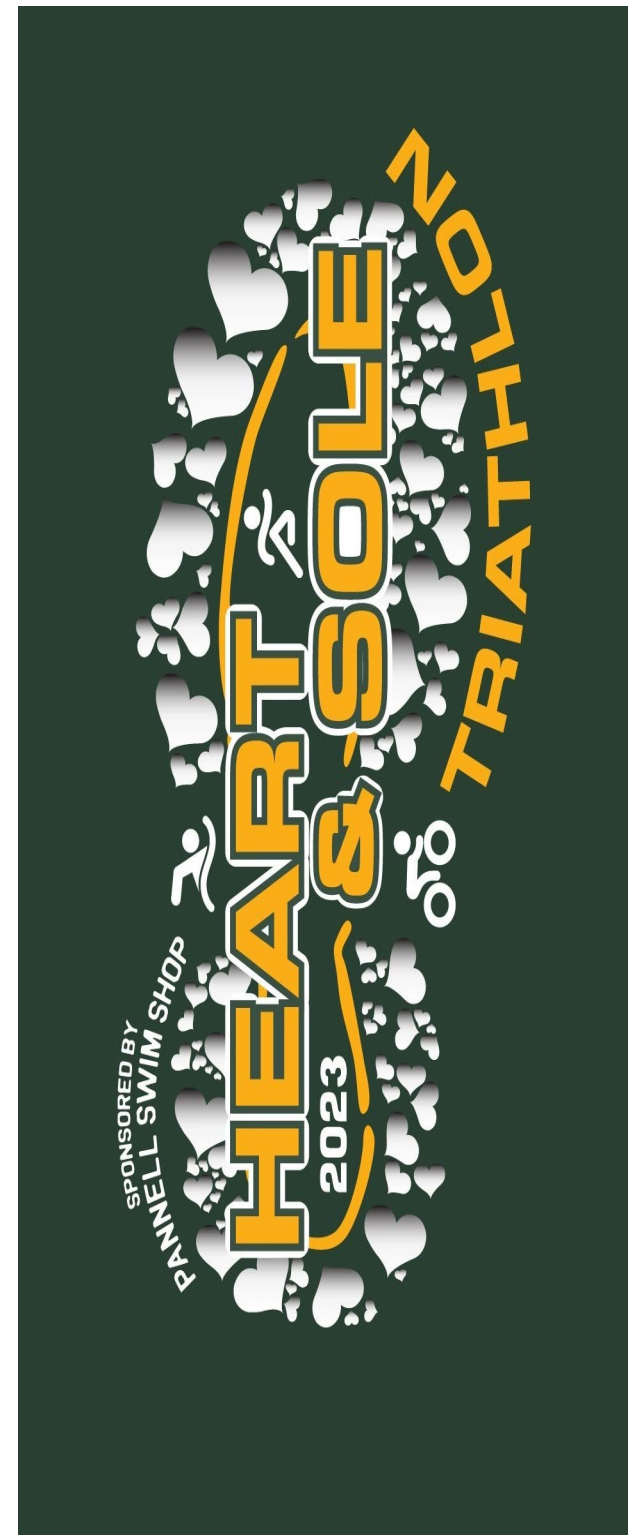
S H O P  
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**Visit Pannell Swim Shop  
for all your swim needs!**

**3330 Partner Place, Suite 124  
Lexington, KY 40503  
Phone: 859-272-7946  
Web: pannellswimshop.com**

**FOR RACE QUESTIONS:**

**Aaron Stover  
astover@wvcparcsrec.com  
859.873.5948**



# PANNELL SWIM SHOP HEART & SOLE TRIATHLON

USA TRIATHLON  
May 13, 2023

## 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 80° 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](http://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 [usatriathlon.org](http://usatriathlon.org) for more info.

## A NOTE ON RACE SHIRTS

**SHIRTS ARE NOT GUARANTEED FOR REGISTRATIONS RECEIVED AFTER MAY 1. Extra shirts will be ordered & distributed on a first come, first served basis to those registered after 4/30/23.**

ENTRY FEES			
	Early Registration By April 14	Late Registration April 15-May 12	Race Day May 13
USAT Member	\$70	\$80	\$90
USAT Non-Member	\$85	\$95	\$105

## REGISTRATION INFORMATION

- Registration accepted by:
  - Online at [vwcparksrec.com](http://vwcparksrec.com) (until 12 PM on May 5)
  - In person at Falling Springs Center
  - Mail
- Registrations accepted until 7:30 AM race day
- Registration is limited to 250 participants
- No relay teams



## PACKET PICK-UP

- **Thu, May 11:** Pannell Swim Shop: 5-7 PM  
3330 Partner Place, Suite 124, Lexington  
**20% off any purchase with pick-up!**
- **Fri, May 12:** Falling Springs Center - 9AM to 5 PM  
275 Beasley Drive, Versailles
- **Race Day:** 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, 2023
- We will monitor race morning weather forecasts leading up to race day and will, in the interest of safety, reverse the race order or alter the course as needed based on temperature, winds, rain, etc.

## AWARDS

Post race festivities will include food and door prizes! Awards will be presented after the race, so we hope you'll stick around to celebrate. Awards will be presented to the top three overall male & female finishers and the top male & female winner in each age group (5 yr increments from ages 15-19 through 70+).

## VOLUNTEERS

Volunteers are always needed. Volunteers who sign up by May 1 will get a free shirt! Anyone wishing to help should contact Tefany at 859.214.4814 or [tbleuel@vwcparksrec.com](mailto: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 May 8, 2023. 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 Aaron at 859.214.4813 or [astover@vwcparksrec.com](mailto:astover@vwcparksrec.com) or email Todd Heady at [todd@headfirstperformance.com](mailto:todd@headfirstperformance.com) with questions. Race info and online registration is available at [www.vwcparksrec.com/special-events](http://www.vwcparksrec.com/special-events).



**HEART & SOLE TRIATHLON REGISTRATION**  
**Release & Waiver of Liability Required...**  
**PLEASE COMPLETE BOTH SIDES OF THIS FORM!!!**

Name \_\_\_\_\_

Age on 12/31/23 \_\_\_\_\_

Birthdate \_\_\_\_\_

Sex: M / F

Address \_\_\_\_\_

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

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Please list any medical conditions or allergies we should be aware of:

USAT MEMBER?  NO  YES (USAT # \_\_\_\_\_)

SHIRT SIZE (Circle): AS AM ALG AXL AXXL

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

CIRCLE ESTIMATED 400 YARD SWIM TIME:

Circle Entry Fee	Early Registration By April 14	Late Registration April 15 - May 12	Race Day May 13
USAT Member	\$70	\$80	\$90
USAT Non-Member	\$85	\$95	\$105

## FEES & PAYMENT INFORMATION

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**

DETACH & MAIL WITH PAYMENT