Dash at the Splash
Kid’s Triathlon

Date and Time: August 11, 2018 at 8am
Location: The Splash Water Park located at 3151 Illinois Street in Golden, CO 80401
Check in & Pre Race Inspection: 6:30a.m.-7:30a.m. Check in and place bike in transition area
Transition area will be closed at 7:30a.m.
Pre Race Meeting: 7:40a.m.
Ages Groups: 8 and under, 9-10 years, 11-12 years
Fee: To register please go to rec.cityofgolden.net use Activity # 457812
$30 early registration (before July 27th)
$35 late registration (July 27th - August 8th) ***shirt size is not guaranteed
Bags can be picked up SATURDAY AUGUST 11th at race check in 6:30am-7:30am!!
Space is limited; registration is first come, first serve

What to Bring:
- Swimming Suit
- Towel
- Goggles
- Swim Cap (Optional)
- Tennis Shoes
- Running/Biking Clothes
- Water Bottle
- Sunscreen
- Bike
- Bike Helmet (required)

Course Information:
Start, finish and transition areas take place at Splash Water Park. Course clerks will be around the course to direct and assist children. Swimming will take place in the lap pool at Splash with two children in each lane. Children must be self supporting in the water (breaks can only be taken along pool sides). Lifeguards will be on duty. The biking portion will be done on a lap course with 8 and under completing 1 lap, 9 and 10 years completing two, and 11 and 12 year olds completing 3. The biking will be contested on a trail, and staff will be onsite for street crossings. The run will be an out and back style, where participants will run on the path between the Fossil Trace golf course and Splash Water Park.

Transition Area:
One parent per child is allowed in the transition area to assist child in putting on clothes, shoes, and helmet.

Triathlon Distances (approximate) this is race order as well:
11-12 years: 150 meter swim, 4 mile bike, 1 ½ mile run
9-10 years: 100 meter swim, 2.7 mile bike, 1 mile run
8 & under: 50 meter swim, 1.35 mile bike, 1/2 mile run

Other Information:
All participants receive a race bag
Participants may encounter trail traffic at anytime during the race
All participants must have a signed waiver in order to compete
Transition area will be closed at 7:30a.m.

To register please go to rec.cityofgolden.net use Activity # 457812
City of Golden Community Center
Dash at the Splash Kid’s Triathlon Waiver and Release

NOTICE: THIS IS A CONTRACT WITH LEGAL CONSEQUENCES. READ IT CAREFULLY BEFORE SIGNING.

Please initial items 1-6 and sign consent below:

_____1. I hereby give my child, ____________________, permission to participate in the City of Golden’s Dash at the Splash kid’s triathlon. I understand that there are inherent risks associated with this event. Risks include, but are not limited to, falls, collisions with objects or other participants, traffic, weather and trail conditions.

_____2. I hereby certify that the participant is in good health and has no physical or mental limitations which would endanger him/herself or others or interfere with their ability to participate in this event. I understand that participating in this event is potentially hazardous. I understand that my child should not participate unless they are properly trained and self sufficient in each triathlon event of swimming, biking, and running.

_____3. I hereby agree to comply with all the rules, regulations and event instructions of the Dash at the Splash kid’s triathlon. I hereby represent that the participant’s equipment is in good, working condition and that the participant will use a helmet and conduct him/herself in a safe manner. I acknowledge that I am responsible for providing my own insurance for this activity.

_____4. IN CONSIDERATION of my child’s participation in the kid’s triathlon, I, ____________________, the undersigned guardian of the participant, and on behalf of myself, my heirs, representatives, executors, administrators, and assigns, to the extent permitted by law, do hereby RELEASE, HOLD HARMLESS and INDEMNIFY the City of Golden, its event coordinators, officials, agents, volunteers and employees (hereinafter referred to as City) from any causes of action, claims, or demands of any nature whatsoever, which I, my heirs, representatives, executors, administrators and assigns may now have, or have in the future against the City on account of personal injury, property damage, death or accident of any kind, arising out of or in any way related to my participation and my child’s participation in the kid’s triathlon, whether that use is supervised or unsupervised, however, the injury or damage is caused by the City.

_____5. I hereby acknowledge that I have sole responsibility of the participant’s personal possessions and athletic equipment during the Dash at the Splash Kid’s Triathlon and its related activities.

_____6. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event. I understand that the entry fee is non-refundable and non-transferable.

The undersigned has read the foregoing Release and Waiver of Claim and fully understands each and every term.

Signature of Parent/Guardian__________________________________________

Print Name_________________________________________________________

Child’s Name (Printed)______________________________________________

Date Signed_________________________________
Legend

Triathlon Trails

Trail Type
- Running Route
- Bike Route

- 8 and under bike 1 lap
- 9 - 10 bike 2 laps
- 11- 12 bike 3 laps