



Splash, Mash, Dash Sprint Triathlon and Kids Race
1/3 mi swim, 12 mi bike, 5K run / 200 yd swim, 2 mi bike, 1 mi run
Saturday, June 24, 2006 8:00am
Grantham, New Hampshire

In consideration of this entry, I waive any and all claims for myself and heirs against the Eastman Community Association (ECA) and the Upper Valley Humane Society (UVHS), their agents and employees, any race volunteers or officials and release the aforesaid person, ECA, and UVHS for any injury, illness, damages, and expenses which may directly or indirectly result from my participation in this race. I further state that I am in proper physical condition to participate in this race and agree that none of the above parties are under any obligation to evaluate my fitness to participate in this race, with this being my sole responsibility. I also give permission for the free use of my name and picture in any broadcast or written account of the event. Further, I have read and understand the information on this application.

- Your signature on this form indicates your acceptance of this release and waiver.
- All team members must sign.
- Signature of parent or guardian is required for all entrants under 18 years.

I/My team will be participating in the Sprint Triathlon I/My team will be participating in the Kid's Race

Single Entrant Information

Name _____ Signature _____ Date _____
 Address _____ Town _____ Zip _____
 Phone (____) _____ E-mail _____ Date of Birth _____ Age on Race Day _____
Sex: Male Female **T-shirt size:** med. large x-large **Eastman Resident:** yes **First Timer:** yes
 USAT Member # _____

Team Entrant Information

Team Name _____ Team Captain _____

Swimmer

Name _____ Signature _____ Date _____
 Address _____ Town _____ Zip _____
 Phone (____) _____ E-mail _____ Date of Birth _____ Age on Race Day _____
Sex: Male Female **T-shirt size:** medium large x-large **Eastman Resident:** yes
 USAT Member # _____

Biker

Name _____ Signature _____ Date _____
 Address _____ Town _____ Zip _____
 Phone (____) _____ E-mail _____ Date of Birth _____ Age on Race Day _____
Sex: Male Female **T-shirt size:** medium large x-large **Eastman Resident:** yes
 USAT Member # _____

Runner

Name _____ Signature _____ Date _____
 Address _____ Town _____ Zip _____
 Phone (____) _____ E-mail _____ Date of Birth _____ Age on Race Day _____
Sex: Male Female **T-shirt size:** medium large x-large **Eastman Resident:** yes
 USAT Member # _____

Mail to application and checks: Eastman Recreation, Box 53, Grantham, NH 03753