

Valparaiso, Florida's
41st Annual 4th of July
Duathlon 5K Race-200M Swim
Registration & Waiver

(Please print) **first name** **middle name** **last name**

street/ mailing address

city **state** **zip code**

phone **e-mail**

birthday m/d/y **age** **MALE** **FEMALE**

Official 4th of July T-Shirt - Circle the appropriate T-SHIRT size you need:

YOUTH-MEDIUM ADULT-SMALL - MEDIUM - LARGE - X-LARGE - XX-LARGE

I know that competing in a duathlon can be a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I certify that I have completed the distance that I am registered to compete in prior to competing in this duathlon event. I, the undersigned, release and forever discharge the City of Valparaiso, Florida and all agents, representatives, and employees thereof, and their successors, from any and all claims and damages whatsoever which I, my heirs, their executors, and administrators have or may have against the City of Valparaiso, Florida, its agents, representatives, or employees by reason of any damages of injuries which may be incurred by myself while participating in the activities sponsored by this duathlon competition.

The Duathlon Race takes place on July 4, 2019 beginning at 7 a.m. The entry fee is \$20 if application and check is post marked by June 21. Registration after June 21 and on the race day will have an entry fee of \$25 (cash or check only).

Mail to: City of Valparaiso-Race * 465 Valparaiso Parkway * Valparaiso, Florida 32580
Drop off: Valparaiso City Hall * 465 Valparaiso, Florida - between 8:30 a.m. and 5 p.m. Mon. - Fri.
Bring to: Lincoln Park on Race Day between 6 and 6:45 a.m. for the Duathlon.

Parking is limited in Lincoln Park and on North Bayshore Drive. Recommended parking on Eastview and Westview Avenues near the Heritage Museum of Northwest Florida.

Pets are not allowed in Lincoln Park.

signature of athlete (parent or guardian if a minor) date