

2019 TUCKAHOE TRIATHLON - OFFICIAL ENTRY FORM
TUCKAHOE STATE PARK - LAKE AREA
JUNE 8, 2019 - 8 A.M.

Name:	
Address:	
Phone:	
Category: SINGLES:	<input type="checkbox"/> Male (under 40) <input type="checkbox"/> Male (over 40) <input type="checkbox"/> Female (under 40) <input type="checkbox"/> Female (over 40)
DOUBLES:	<input type="checkbox"/> Adult Doubles (under 40) <input type="checkbox"/> Adult Doubles (over 40) <input type="checkbox"/> Parent/Child (10-15)
T-shirt Size:	<input type="checkbox"/> SM <input type="checkbox"/> MED <input type="checkbox"/> LG <input type="checkbox"/> XL
Kayak/Canoe Rental:	<input type="checkbox"/> Yes (\$5 service charge) <input type="checkbox"/> No (I will provide my own)
Partner's Name: (if applicable)	

I, _____, hereby release the Maryland Park Service, its employees and volunteer assistants, from any responsibility or liability from my participation in the Tuckahoe Triathlon foot-bicycle-kayak/canoe race on **June 8, 2019**. Further, I hereby state that I am physically fit for the race and have no awareness or knowledge of any medical or health condition that would limit my tolerance for sustained exercise, as in completing this 13-mile race. I am also aware that certain hazards exist including but not limited to other participants, other vehicles, weather exposure, insects, dogs and other animals, rough terrain, pavement and potholes, loose ground cover, and poison ivy.

Signature

Date

\$20/person, \$30/team - ADVANCED REGISTRATION ONLY

The Triathlon starts at Tuckahoe's Lake Area at 8 a.m. sharp! There will be a pre-race meeting at 7:45 a.m. to address any questions participants might have. Sign-in begins at 7 a.m.

Questions, call the park office Monday-Friday, 8 a.m. - 4:30 p.m. at (410) 820-1668.

Please mail completed release form, application and registration fee to:
Tuckahoe State Park
13070 Crouse Mill Road
Queen Anne MD 21657