



Saturday, September 3, 2016
7:30 AM
200-meter swim, 10-mile bike, 2-mile run
Ridgewood Swim Club
808 James Doak Parkway
Greensboro, NC 27455

100% of your entry fee goes to Hospice and Palliative Care of Greensboro

Register online: www.runsignup.com

More information: www.triforhospice.com

Contact: triforhospice@gmail.com

TRI-VOLUNTEER-DONATE

Register Online: www.runsignup.com or return this form with your payment to the address below:

Name _____ Date _____

Address _____

Email _____

Age _____ Birth date _____

Emergency Contact Name & Phone # _____

*USAT # _____ Expiration Date _____ First Triathlon YES NO

*If you are not a member of USAT, you MUST purchase a one-day license on race-day!

Estimated 100-METER time (for swim start position) _____

Race Fees (*No refunds*):

Individual-prior to Sept. 3, 2016 \$60.00

Team-prior to Sept. 3, 2016 \$95.00 (each member must fill out a form)

Team Name _____

I would like to donate an additional _____ to HPCG. Total amount included _____

Thank you for your support!

T-shirt size (unisex): small medium large extra-large

Please make checks payable to Team Tri for Hospice, a 501 (c) (3), and mail your payment and registration form to: Try a Tri for Hospice, 407 Autumn Ridge Court, Greensboro, NC 27455 (postmarked by Aug. 24th to secure your T-shirt) *All athletes must sign a liability waiver on site, wear an approved helmet, and follow all traffic laws. Athletes under the age of 18 must have parent or guardian sign the waiver.*

