

TRI HARDER

Kids Triathlon Series



Lake Lackawanna LLC



Sat. June 22

Lake Lackawanna

Parking for participants and families is available on the corner of Richmond and Heminover. Walk across the dam to the beach area.

Age	Swim	Bike	Run
4-6	25 yds	1/2 mile	1/4 mile
7-8	25 yds	1 mile	1/2 mile
9-10	50 yds	2 miles	1/2 mile
11-14	75 yds	2 miles	1.2 mile
13-14	100 yds	2 miles	1.5 miles

Times and distances are not certified.
This is a recreational event.

- All children must be accompanied by a parent or guardian.
- **Must be pre-registered to participate.** There are just 15 spots per event, so register early.
- Sign in at 8:00 am at the beach; event begins at 8:30 am.
- Wear swim suit and sunscreen; bring goggles, towel, socks, sneakers, bike, helmet, and hand towel to clean feet after swim.
- Ages 4-6 may wear swimming aids and may have training wheels on bikes.
- Participation medals to all, no individual winners.
- Open to all Byram residents.

Volunteers are needed to make this a successful event.
Email Recreation@byramtwp.org
or call 973-347-2500 x127
to volunteer.

ACKNOWLEDGEMENT & HOLD HARMLESS RELEASE FORM: I hereby grant permission for my child to participate in the Kids Tri Harder Triathlon and assume all risks and hazards incidental to such participation. I waive and release all rights and claims for damages against Byram Township, Lake Lackawanna LLC, their employees, officers, staff, sponsors and other participants for any and all injuries that may be suffered by the herein named minor or myself while participating in the program. I understand that all fees paid are not refundable without a doctor's note. I recognize that Byram Township Parks and Recreation has a set of rules and regulations, and I agree to conduct myself in accordance therewith and to exercise my influence where appropriate on those for whom I am responsible in order to encourage proper conduct and decorum. I also give permission for the Byram Parks and Recreation Department to make non-commercial use of any activity photographs or video of my child/myself.

For More information or to register:
www.byramtwp.org
Mail form and entry fee to:

Byram Parks and Recreation
10 Mansfield Dr.
Byram, NJ 07874
Phone: 973-347-2500 X 127
Cancellations: 973-347-2500 X 5

Name _____ Gender M F
DOB _____ Age on Race Day ____
Address _____
Home Phone _____ Cell _____
Email _____
T-shirt size: YM YL AS AM AL AXL
I need a reasonable modification, because of a disability,
to enjoy this program: Yes or No

Signature: _____ Date: ____/____/____

