

'WAR AT THE SHORE' TRIATHLON

September 2, 2007 *Official Timed Event*
 6:30 AM Start 1k swim, 19 mile bike, 5 mile run
Flat and Easy, Same Great Course as Practice Races

Helmets are Required

ChampionChip Timing by Compuscore. *Five Spills.*

Roads are not completely closed to traffic. Please be cautious at all times!

Seconds don't count, Safety does! Great for first timers.

Try, Try, Tri a Triathlon!! Plus Great Awards!!! 5 year age categories

WWW.SANDYHOOKERS.ORG/TRI

Directions: From North or South: Garden State Parkway North or South to Exit 105. Go straight out of the toll plaza onto Hwy. 36. Take Hwy. 36 to Broadway, Long Branch. Turn right and follow Broadway to end (Ocean Avenue.) Follow signs to parking. One mile from Long Branch Train Station.

New for 2007 Wetuit Rentals *For Information* raceinfo@sandyhookers.org



BURPEE
MATERIALS TECHNOLOGY L.L.C.

Monmouth Pulmonary
Consultants



First Name _____ Last Name _____

Address _____

City _____ St _____ Zip _____

Age _____ DOB ____/____/____ M/F _____ Phone # (____) _____ - _____

E-mail _____ (we do not sell for contact purposes only)

Relay Team Name _____ Swimmer _____ Biker _____ Runner _____

Long Branch Sprint Triathlon Waiver & Release In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all claims for damages I may have against The Sandy Hookers Triathlon Club, City of Long Branch the representatives, successors or assigns of these organization, race volunteers, and all sponsors for any injuries that may be suffered by me in this event. I will additionally permit the use of my name and pictures in media coverage. I further attest and verify that I am physically able to participate in this event. I attest that I have read the rules and regulations of the Long Branch Triathlon and will follow them to the best of my ability. I release any and all towns and Municipalities the race passes through and the Sandy Hookers Triathlon Club, and any other organization involved in the race. **I realize that the roads are not completely closed to traffic, and that I will obey all the traffic signals and stop signs along the route.**

Printed Name _____ Signed _____ Date _____

Entry Fee: *Register online at www.raceforum.com/war Limited Entries. Get them in early*

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|--------------------------|--|------|---|
| <input type="checkbox"/> | Current Sandy Hookers Members Prior to Aug 15 | \$40 | |
| <input type="checkbox"/> | All other Triathletes Prior to Aug 15 | \$50 | |
| <input type="checkbox"/> | Non Member Join the club and entry prior to Aug 15 | \$55 | T-Shirts included |
| <input type="checkbox"/> | After Aug 15 until race day (if available) | \$65 | |
| <input type="checkbox"/> | 3 person relay Swim/Bike/Run Prior to Aug 15 | \$90 | <input type="checkbox"/> Relay After Aug 15 \$110 |

Mail To: Sandy Hookers Triathlon Club, P. O. Box 186, Red Bank, NJ 07701

**Online registration: No extra charges www.RaceForum.com/War
 or www.sandyhookers.org/tri** Total Amount enclosed _____

