

**2019 Tri Nikiski**  
**500 yd swim, 10.6 mile bike, 5K run**

**Saturday, August 24th**  
**Nikiski Pool (Poolside avenue)**



**Registration begins at 7:20am ♦ Event Start Time 8:20am ♦ Pool start times to be listed on Tri Nikiski Facebook page ♦ Entry Fee \$45 \*\*\*\$40 for each additional immediate family member ♦ To receive family discount, all racers must sign up at one time on website or in-person ♦ Registration is non-refundable and non-transferrable ♦ New this year: We have a cap of 75 racers!**

**This is a non-chip timed event designed to raise money for local organizations and have a lot of fun!**

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Like the "Tri Nikiski" FB group to receive event details and information.

T-Shirt: (T-shirt included only if registered by July 28th) Men- S-3xl, Women xs-2xl

Male or female & size: \_\_\_\_\_ Estimate your race time: \_\_\_\_\_

Online registration and payment: [www.thecompassak.com/tri-nikiski](http://www.thecompassak.com/tri-nikiski)

Paper forms and payment by check can be dropped off at The Compass.

In consideration of your acceptance of this race entry, I for myself, my heirs, executors, administrators and assigns forever release and discharge any and all rights, demands and claims, for damages and causes of suit or actions known or unknown, that I may have against event organizers, sponsors, North Peninsula Recreation Service Area, the Kenai Peninsula Borough, the directors, the employees and agents of such parties for any and all injuries in any manner resulting from my participation in said race. I attest and verify that I have full knowledge of the risks involved in the race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness, or other capacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this event. I have read and understand the above conditions:

\_\_\_\_\_  
Participant's Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent/Guardian (if under 18yrs)