



HAMMERHEAD KIDS TRIATHLON

Proceeds go to the BAM Foundation 501(c)(3) to benefit ALS and create grants for underprivileged kids to receive triathlon training and equipment.

JULY 16, 2006, 7:30 A.M. – AGES 4-18

BONFANTE GARDENS THEME PARK, GILROY CA

<http://www.bodyandmindsolutions.com/hkt/hkt.html>



CHILDREN 6 and UNDER: The triathlon begins with the swim. Children 6&U may use a floatation device. A parent or guardian may get in the water to assist the child. Pulling the child is not allowed. Children immediately exit the lake and continue into the bike and run segments without any breaks. A parent or guardian may assist throughout the bike and run course. Children 6&U may use any type of bike, including bikes with training wheels.

CHILDREN 7 and OLDER: The triathlon begins with the swim. Children immediately exit the lake and continue into the bike and run segments without any breaks. Children 7 and older may use a road, mountain bike, or BMX-type bike. The bike course will take place on the backroads at Bonfante Gardens.

SAFETY: Bicycle helmets are mandatory for all participants and must be worn for the entire bike ride.

REGISTRATION: SIGN UP EARLY! SPACE IS LIMITED to 400 ATHLETES! Mail the form below or register online at Active.com (search for Hammerhead Triathlon or enter listing ID: 1315654). THERE WILL BE NO RACE DAY REGISTRATION. Active.com registration closes 7/14.

ENTRY FEE: \$50.00 for USA Triathlon members or \$55 without the membership. Prices go up the later you register. Check the website for details.

USA TRIATHLON FEE: All athletes must have a USAT annual (\$5) membership (purchase ahead of time). Membership is mandatory for insurance purposes. Parents will be required to sign a USAT form at the check-in table on the day of event. Annual memberships are NOT available on race day. Memberships can be purchased at www.usatriathlon.org.

PARKING: Parking is plentiful at Bonfante Gardens. You will be directed race morning. If anyone arrives after 9:30, you will be charged for parking.

GIFT BAGS/PRIZES: Pre-registered participants will receive a race T-shirt, swim cap, Baker's Breakfast cookie, Bullfrog Sun Block, and other special sponsor gifts. Special awards will be given 3-deep for males and females in each age group. Winners of each male and female age group will receive a free entry into Bonfante Gardens Theme Park, worth more than \$20! Top finishers will be invited to join the Hammerhead Racing Team.

RACE DAY: Please arrive at least 90 minutes prior to your child's age group start time. Raffle prizes will be awarded all day.

VOLUNTEERS: We need help in order to make this race run safely and smoothly. Please contact us at: info@bodyandmindsolutions.com or 408.406.4112.

Approximate Start Times and Approximate Course Distances

Age Group	Start Time (a.m.)	Swim (yards/lake)	Bike (miles)	Run (miles)
15 & Older Girls/Boys, Elite, and Relay	7:30	400	12	4
13 & 14 Girls & Boys	7:40	200	6	1
11 & 12 Girls	7:50	200	6	1
11 & 12 Boys	8:00	200	6	1
9 & 10 Girls	8:10	100	2	.5
9 & 10 Boys	8:20	100	2	.5
7 & 8 Girls	8:30	100	2	.5
7 & 8 Boys	8:40	100	2	.5
5 & U Girls & Boys	8:50	25	1	.25
6 Girls & Boys	9:00	25	1	.25

Clip, and mail with payment to: Body and Mind Solutions, 1473 Longmeadow Drive, Gilroy CA 95020. Checks are made to Cristin Reichmuth.

Child's Last Name: _____ First Name: _____ Boy: ___ Girl: ___ Birthday/mo/year: _____

Shirt Size (Shirts not guaranteed for post July 1 registrants) Adult Sizes: XS S M L XL

Parent's Name: _____ Home Phone: _____ Cell Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email (please print legibly): _____

Permission to participate in the Hammerhead Triathlon is given for my child as shown above. In consideration of participation in this program, I hereby indemnify and hold harmless Body and Mind Solutions, Hammerhead Triathlon, Bonfante Gardens, its agents, employees, event sponsors, race officials, and volunteers from any and all liability for any injury suffered by myself or my child, arising from or connected with this program and I assume all risk for any injury. In case of emergency, I give my permission for emergency medical treatment. I also give permission for photographs to be taken of me and/or my child for event promotional purposes. My signature acknowledges that I understand and agree to the above conditions. Registrants will be required to sign an additional release at the event.

Parent or Guardian Signature: _____ Date: _____