

Name _____

Date _____

Bicycle Inspection

		Yes	No
Wheels	No bent rim	<input type="checkbox"/>	<input type="checkbox"/>
	No spokes loose or broken	<input type="checkbox"/>	<input type="checkbox"/>
	Don't wobble or rub	<input type="checkbox"/>	<input type="checkbox"/>
*****No Training Wheels			
Tires	Correct Inflation	<input type="checkbox"/>	<input type="checkbox"/>
	No worn tread	<input type="checkbox"/>	<input type="checkbox"/>
Chain	not loose	<input type="checkbox"/>	<input type="checkbox"/>

		Yes	No
Handlebar	Not loose	<input type="checkbox"/>	<input type="checkbox"/>
	Proper height	<input type="checkbox"/>	<input type="checkbox"/>
Seat	Not loose	<input type="checkbox"/>	<input type="checkbox"/>
	Proper height	<input type="checkbox"/>	<input type="checkbox"/>
Brakes	Working	<input type="checkbox"/>	<input type="checkbox"/>
Helmet	Fitting Properly	<input type="checkbox"/>	<input type="checkbox"/>

_____ Parent Signature

Mandatory Swim Check

I have witnessed my child _____ swim 4 lengths of a 25 meter pool using one or more of the following strokes without stopping: freestyle (front crawl), breast stroke, back stroke, butterfly and//or side stroke. My child is able to swim 4 lengths comfortably with the above strokes. He/she has been training and will be ready for the full triathlon by the June 6th date.

Swimming Proficiency Scale _____ Parent Signature

1 2 3 4 5
Beginning Advanced

Mandatory Running Check

I have witnessed my child _____ run 6 laps around the Gilham track (approximately 1 mile somewhere else) without stopping. My child will train for the running portion of the triathlon and be ready to successfully participate on June 6th.

_____ Parent signature

All forms are due by May 18th. Please include \$10 fee (Checks made out to Gilham Triathlon).

Classroom Teacher _____ Grade _____

**12th Annual Gilham Triathlon
Wednesday June 6th**

Dear Students and Families;

The 12th annual Gilham Triathlon will be held Wednesday, June 6th, 2012. This optional event is for students in grades 3, 4, and 5. The Triathlon is made up of three events: swimming, biking, and running. Those who choose to participate must participate in all three events.

On the morning of June 6th, students will bring their bikes to school by 7:30. At approximately 8:10 the participants will leisurely bike to the Eugene Swim and Tennis Center (ESTC). Students will swim 4 lengths of the pool. As each swimmer finishes, they will quickly put clothes on over their swim suits, put on helmets, and bike approximately 1.5 miles back to Gilham. Participants will leave the East gate of ESTC, go north to the corner of Coburg Road and Crescent and cross with adult volunteers. From there they will ride East on Crescent to Gilham, then turn North on Gilham. At Honeywood, they will get on the sidewalk and ride to the Gilham Track. At the track they will run 6 laps (one mile).

Bicycle riding will occur both on school grounds and on the street; therefore, all activities are potentially dangerous. Participants must adhere to the bicycle rules and assume responsibility for their risk. There will be supervising adults along the bike route, but students must be cautious if a motor vehicle enters the bike route.

The triathlon is a continuous event with NO rest breaks. If your child has a mechanical problem with their bike, or is unable to continue, he/she will be transported to Gilham. We will use a stagger start for the swim portion of this event. Therefore, participants will finish at various times.

The cost to participate is \$10, which is due with all forms on Friday, May 18th, 2012. Forms need to be read carefully, filled out completely, and signed by the student and the parent/guardian in order to participate. **No late forms will be accepted!**

If you have any questions regarding this event, would like to volunteer, or provide a corporate sponsorship, please contact me!

Candace Lovato,
3rd Grade Teacher
541-790-6200
lovato_c@4j.lane.edu

All forms are due by May 18th. Please include \$10 fee (Checks made out to Gilham Triathlon).

**12th Annual Gilham Triathlon, Wednesday June 6th
Participation Agreement**

The student agrees to:

- Practice all three events so she/he will be physically conditioned;
- Be at school with bicycle, helmet, swimsuit, and clothing by 7:30 a.m. on June 6th;
- Notify Ms. Lovato in advance of any changes in plans to participate;
- Wear a helmet that fits properly on the bike portion of the event;
- Exercise honesty, courtesy, and respect of all the rules.

Student Signature _____ Date _____

T-Shirt Size _____ Sandwich Choice: Turkey Ham Veggie
Please indicate youth or adult sizing: Example AS= Adult Small YL= Youth Large

The parent/guardian agrees to:

- encourage the student to practice events so she/he will be physically conditioned;
- check that student's bike is in excellent working order (see mandatory bike check);
- check that helmet fits properly;
- check child's swim ability (see mandatory swim check);
- check child's running ability (see mandatory run check);
- accept liability and responsibility for student's travel for the event;
- accept responsibility for any negligent actions on part of your student;
- assume all related medical and/or emergency costs.

Thank you for reading this information thoroughly and understanding the importance of working with your student to be successful. Please be positive in encouraging practice, and have fun while doing it. This should be a fun, non-stressful experience.

Parent/Guardian Signature _____ Date _____

Phone number _____ Alternate Phone numbers _____

Alternate Contact Name _____ Phone _____

Hospital preference _____

Does your child have a medical condition, or taking medication we should know about in case of an emergency? ____ yes ____ no. If yes, please explain. _____

_____ I am willing to help with the event. E-mail _____

_____ We would like to sponsor an athlete in need- an extra \$10 is included.

_____ We need an athletic scholarship.

**12th Annual Gilham Triathlon
Permission Form**

WARNING: As with any adventure activity, there are significant elements of risk in the triathlon. These risks include, but are not limited to: slips, trips, arrested falls, falls to the ground, and other risks associated with the activities we plan to do with your child. Your child will be swimming in a private pool, bicycling on City of Eugene streets and running on the Gilham school track. A certified lifeguard will be on duty and parent volunteers will be along the bike route. As a result of these events, participants could encounter torn or strained muscles, fractures, cuts, scrapes, abrasions, bruises, permanent head and spinal injuries, or other injuries.

Please note: A triathlon volunteer will determine if any participant needs to stop the swim portion of the Triathlon. Your child may still continue with the bike and run portion to finish the Triathlon.

I acknowledge that these risks exist and understand that although every attempt will be made to minimize such risks, certain inherent risks will always be present in the Triathlon.

Assumption of Responsibility: I agree that my child is mentally and physically capable of participating in the Triathlon, and that proper training and physical conditioning is necessary. I assume responsibility for his/her actions and safety, and realize that his/her inappropriate actions may result in personal liability. I understand that my insurance carrier or I will be financially responsible for any injuries suffered or caused. My child agrees to follow all rules, procedures, and safety methods demonstrated. I understand that my child's privilege to participate in this activity may be revoked, suspended, altered, or modified if deemed necessary for his/her safety or the safety of other participants.

Medical Authorization: I hereby authorize any medical treatment deemed necessary for my child as a result of activities in or related to the Triathlon. I have relied on my individual judgment or assessment of the risks involved, and acknowledge there have been no representations or warranties by Lane County School District 4J (Eugene) or by any of its agents or employees. I acknowledge there is **NO SCHOOL DISTRICT LIABILITY INSURANCE** to protect me, or my child, should any accident occur.

Should anyone file any legal action against School District 4J, or any of its agents or employees, as a result of any injury my child may sustain as a result of, or related to, participation in this activity, I will indemnify and hold harmless School District 4J, its officers, agents, employees from any claim or liability of any kind, including attorney's fees.

This is a contract and shall be fully enforced by the Lane County School District 4J Eugene. I have read and understand the above. By signing this paper, I agree that if I, or my child, is injured during the activity and files a claim against the District, I would have to pay for any financial loss the district had on account of this claim.

Student Name/ Grade (print)

Parent/Guardian Name (print)

Classroom Teacher

Parent/Guardian Signature

All forms are due by May 18th. Please include \$10 fee (Checks made out to Gilham Triathlon).

