



Tri to Change the World, Inc. (TCW) Release and Hold Harmless

Waiver: In consideration of this application, the undersigned, for myself, my minor child, my heirs, executors, administrators, successor and assigns do hereby release and waive, acquit, and forever discharge Tri to Change the World, Inc. (TCW), its founders and volunteers, the event sponsors and organizers, their agents, officers, employees, and all other persons and entities from any and all rights and claims, causes of action, damages, costs and loss of services which the undersigned now has or which may, directly or indirectly, in any way arise out of any known or unknown, foreseen and unforeseen, bodily injuries, including death and property damage resulting in any manner from my participation in the TCW Summer Triathlon Challenge.

I attest and verify that my minor child will participate in the event as an entrant, that s/he is physically fit, and has sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all foregoing to use any photographs, videotapes, or any record of this event for any purposes whatsoever without compensation.

I have read and fully understand my liability. I agree that my minor child _____ may participate in this event. **I understand that TCW strongly recommends a doctor's approval before participating in any strenuous physical activity.**

Parental signature for minor child participation Date

Participant's signature Date

Participant's address: _____

City/State/Zip: _____

Phone: _____

Email: _____

____ yes, send me updates and encouragement on email.

T shirt size (circle one)

YS YM YL AS AM AL AXL

Swimmers designate your local YMCA branch here: _____