

Gorham Triathlon



When: Sunday, August 15 @9am (Registration begins at 8:30am)

Where: Shaw Park in Gorham (55 Partridge Lane-off route 237)

What: 7 mile bike ride (mountain or road bikes)
3.5 mile run
2.5 mile canoe or kayak (if you cannot provide a canoe or kayak you can still participate in the first two legs)

Who: To benefit Gorham Track and Field and Cross Country Boosters

Cost: \$10 per person-you can also register as a team, but must pay \$10 per person

How: Register online at www.gorhamrec.com or at 8:30am the day of race

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The undersigned hereby expressly releases and holds harmless the Town of Gorham and its agents and employees from and against any and all claims, suits, actions and damages arising out of, connected with, or resulting from my participation in the Gorham Recreation Department Triathlon. Further, I understand that there are inherent risks and dangers in participating in these programs and I accept the responsibility to provide accident insurance for myself including ambulance transportation if necessary. I understand that the Gorham Recreation Department may take pictures and/or videos of program participants that may appear in future promotional materials.

Signature: _____ Date: _____

Parent Signature (if under 18) _____

Save time! Register online at www.gorhamrec.com
Questions? Contact Alan at 222-1630