

# 2009 Kids EXPRESS Triathlon

Saturday, September 26, 2009  
Activities Field, International Trade Center

## WHO?

Kids ages 6 to 11 years old

## WHAT?

Run, Bike & Obstacle Course

## WHY?

To benefit Special Olympics New Jersey - Area 3

## HOW?

Online is BEST – [www.ITCAevents.org](http://www.ITCAevents.org)  
or use the form below.

## FEES?

\$20 registration fee payable to – ITCA

## DETAILS:

Goodie Bags! Age Group Awards!  
Kids Tri T-shirts! Yummy Lunch!



## Kids EXPRESS Triathlon Schedule

7:30am: Check-in

8:30am - Instructions & Warm-up

9:00am – 11:00am -  
Kids Triathlon RUN  
(50-100 meters, age specific)

Kids Triathlon BIKE  
(1/4 to 3/4 mile, age specific)

Kids Triathlon Obstacle Course  
(jump, crawl & climb)

11:30am Kids Triathlon Award Ceremony

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Participant Name: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Age (on 9/26/09): \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: Male Female

Circle T-shirt Size: Youth Medium Youth Large Adult Medium

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**MAIL REGISTRATIONS TO: ITCA, 850 Clark Drive, Mount Olive NJ 07828**

In consideration of being allowed to participate in this racing event, I personally assume all risks in connection with the race. I release ITC, ITCA, NJ Foreign Trade Zone Venture, Rockefeller Group Development Corporation, Mount Olive Industrial Realty Company LLC, Atlantic Sports Health, 650 Clark Drive, Seiko Corp., Township of Mount Olive, Special Olympics New Jersey, CB Richard Ellis, CBRE Real Estate Services, SeaCap Management, SKC Corporation, and all their respective partners, affiliates, officers, employees, and agents; and Green Brook Racing LLC, the sponsors and their representatives and successors from any claim by me or my family, estate, heirs or assigns for injury or damage which may occur due to my child's participation in the race. I have signed this release freely and voluntarily and with a full understanding of its contents, having read it in full and acknowledging by my signature that I am bound by the provisions herein. I understand and intend that I will be legally bound by it. I also confirm here that my child is physically fit and qualified to participate in this race. I hereby permit the free use of my child's name and pictures in broadcasts, telecasts, and the press as they pertain to the event.

Parent/Guardian Consent Required

Date

Athlete's Signature