

Registration Form 2013

Kitsap Tri Babes

Name: _____ Phone Number: _____

LEGIBLE Summer Email: _____

Address (including zipcode):

Emergency Training & Event Day Contact (name & number):

Any health issues/injuries you'd like The Tri Turtle to be aware of:

Medications currently taken:

What is your reason for joining the Tri Babes/what do you hope to gain from the training?

What is the biggest fear or concern you have about training and/or Race Day?

*** Please sign here indicating that you agree with and understand the following: All information is confidential. It will only be accessed by someone other than Lisa J. Ballou in case of emergency and would then be given to the appropriate EMT personnel. Your signature here authorizes medical personnel to treat you in an emergency situation.***

Signature: _____

PAYMENT (please mark the appropriate category AND realize that this payment does not include payment for your Triathlon Event; it ONLY covers payment for training):

Tri Babe Veteran Fee: \$75 for those women who have paid the Tri Turtle for training in any previous year. (Make checks payable to: Tri Turtle Wellness)

Tri Babe Newbie Fee: \$150 for those women who have never paid the Tri Turtle for training before. (Make checks payable to: Tri Turtle Wellness)

CRUCIAL QUESTIONS:

~ Which triathlon/s are you planning to complete in 2013?

~ Are you effectively receiving emails from the Tri Turtle? Yes No (if no, provide clarifying info)

*** Please mail (1) Registration, (2) Fee, and (3) Waiver to: Tri Turtle Wellness, 2801 Cantu Ln. N.W., Seabeck, WA 98380***

*** **NO REFUNDS** – your payment covers a 3 month training schedule, weekly Interval Trainings, and Tri Tips regardless of whether you do or do not attend the twice weekly Group Trainings. ***

Official Liability Waiver 2013

(Must be signed in order to train with the Kitsap Tri Babes Group)

My name is _____ and I do hereby declare that I am NOT an idiot. I understand that training for a triathlon carries with it certain risks. Riding a bicycle on public roads can get me hit and killed. Walking and running along trails in the woods can cause me to die of a heart attack or worse, an animal attack. Swimming in open water without a lifeguard can cause me to drown. I am knowingly, of my own free will, putting myself in this incredible jeopardy and do not, in any way, hold Lisa J. Ballou responsible for any harm that may come to me.

I also realize that training for a triathlon is physically challenging. As such, I have checked with my health care professional to make sure that I am physically capable of undertaking this type of training. Or, I have decided that I do not need to check with a health care professional. Either way, if the training proves to be more than my body can handle, I realize that this is in no way the fault of Lisa J. Ballou.

I also realize that Lisa J. Ballou has no real credentials. She holds absolutely NO medical degrees, is NOT certified as a personal trainer, and has NO academic degrees in exercise physiology. She's probably not even current on her C.P.R., for goodness sake! She has simply trained for and completed triathlons in the past and is willing to share with me the type of training that she has done. I am joining the Kitsap Tri Babes and paying Lisa a training fee simply because I think that it would be more fun to train with a group rather than train alone.

I also realize that Lisa J. Ballou is in NO way affiliated with the Athleta Iron Girl Triathlon. She is not paid by Athleta Iron Girl and they don't even know that she exists. For some strange reason, she is very loyal to this triathlon but I will NOT misconstrue that obsessive loyalty for any official affiliation.

I understand that "Tri Turtle Wellness" is just a silly little business that Lisa set up so that she could separate the training income from her personal checking account. I would never dream of thinking that I should hold this silly little business accountable should anything bad happen to me during the training.

At all times, I will prioritize my own common sense over any suggestions that Lisa J. Ballou makes. After all, ***I know best about my own body and health.*** So, if Lisa J. Ballou suggests that I do something and I do it, it is because my own common sense told me that it was a good idea. If Lisa J. Ballou suggests something that my own common sense thinks is a bad idea, I will NOT follow that suggestion. Consequently, if anything bad happens to me during the course of the group training sessions, I will hold my own common sense at fault and will never even consider that Lisa J. Ballou (***or*** Tri Turtle Wellness ***or*** ANY of the kind volunteers who help Lisa with the Tri Babe training ***or*** Kitsap County Parks & Recreation) was the source of the problem.

I realize that no matter what may happen to me after I decide to pay Lisa J. Ballou, she will not refund my Training Fee. This is NOT because she is a &itch. (Well, she IS a &itch but refusing to give me a refund is NOT an example of that characteristic.) Her refusal to give me a refund is simply because she knows that the Training Schedule that I will receive once I give her money is, all by itself, worth the Training Fee that I have just paid. (I would know this too if I tried to get an equivalent Training Schedule on line.)

Finally, because Lisa J. Ballou has now made it crystal clear just how valuable this Training Schedule is in terms of "intellectual property," ***I would never, ever, consider copying this Training Schedule*** and giving it to a non-paying Tri Babe.

Sincerely,

Signature: _____

Date: _____

*** Mail Registration, Fee, and Waiver to: Tri Turtle Wellness, 2801 Cantu Ln. N.W., Seabeck, WA 98380***