

RUN
WALK
ROLL

LOMA LINDA UNIVERSITY

PossAbilities

11th Annual
TRIATHLON

Drayson Center, Loma Linda

April 28, 2013

All participants will receive official finish times and a finisher medal. Three deep medals in all age divisions.

Total prize payout of \$6,000 for all athletes

Pre-register Today!

Please register or volunteer, at

 **active.com**
Search PossAbilities



Presented By
SAN MANUEL
BAND OF  **MISSION INDIANS**
Founding Partner

ADULT TRIATHLON

3.1 mile run • 11 mile bike • 150 yard swim

5K RUN/WALK/ROLL

KID'S TRIATHLON*

1/4 mile run • 1/4 mile bike • 25 yard swim

LOMA LINDA UNIVERSITY

PossAbilities

PossAbilities provides resources and opportunities for people with diverse disabilities.

Male Age _____
 Female DOB _____

Event Categories

- Challenged Athletes **FREE**
- Kids Triathlon \$20
- 5K \$30
- Adult Triathlon \$75
- Adult Pro Triathlon \$75
- Adult Triathlon LLU Student \$30
- Adult Triathlon Student Relay \$60
- Adult Triathlon Relay \$90

Relay Team Participants

1. _____ **SWIM** _____
 2. _____ **RUN** _____
 3. _____ **BIKE** _____

Adult Triathlon

Individual (check age range)

- 15&U 35-39 60-64
- 16-19 40-44 65-69
- 20-24 45-49 70+up
- 25-29 50-54
- 30-34 55-59

5k Run/Walk/Roll (check age range)

- 15&U 35-39 60-64
- 16-19 40-44 65-69
- 20-24 45-49 70+up
- 25-29 50-54
- 30-34 55-59

Challenged Athletes



Kids Triathlon

- 5k**
- Amputee
 - Day Chair
 - Electric Chair
 - Race Chair
 - Other

Adult Triathlon

- TRI 1 TRI 4
- TRI 2 TRI 5
- TRI 3 TRI 6

TRI 1 – Handcycle: Paraplegic, Quadriplegic, Polio, Double Leg Amputee

TRI 2 – Severe Leg impairment: Above-knee Amputees.

TRI 3 – Les Autres: Includes Athletes with Multiple Sclerosis, Muscular Dystrophy, Cerebral Palsy, Double Leg Amputee (runners) or Paralysis in multiple limbs.

TRI 4 – Arm impairment: Including above and below elbow amputees or “impairment” in one or both upper limbs.

TRI 5 – Moderate leg impairment: Below-knee amputees.

TRI 6 – Visual Impairment: Legally Blind.

For more detailed information, visit the USAT website at www.usatriathlon.org/audience/athlete-resources/paratriathletes/classifications.aspx

The top fundraisers will receive the following:

- 1st** - iPad
- 2nd** - 42" flat screen TV
- 3rd** - 32" flat screen TV
- 4th** - iPod
- 5th** - \$50 VISA gift card
- 6th** - \$25 VISA gift card

The challenged athlete that raises the most money will win an iPad.

Rules for the Triathlon

ANSI or Snell approved helmets are required. You are responsible for your own safety and working condition of your bicycle. Mandatory bike check on race morning before you enter transition area. Participants only allowed in transition area.

PossAbilities Triathlon • Sunday, April 28, 2013 • Entry Form

Waiver must be signed – Photocopies accepted – For more information, call 909-558-6384

 First Name (please print) Last Name

 Address

 City State Zip

 Daytime Phone E-mail

- Mail to **PossAbilities**
25455 Barton Road, Suite 109A
Loma Linda, CA 92354
- One form per participant
- Make checks payable to PossAbilities
- Pre-registration closes Friday, April 26, at midnight
- Race day registration opens at 5:30 a.m.
- Early registration packet pick-up on Saturday, April 27, at the Drayson Center Soccer Field from 7:30 to 9:30 p.m.

Waiver (All participants must sign)

In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound, for myself, my executors, administrators and assignees, do hereby waive and release the sponsors of this race, Loma Linda University Medical Center, PossAbilities, Prime Time, City of Loma Linda, San Bernardino County Sheriff's Department, Drayson Center and all persons and agencies connected with this race from all claims arising from my participation in and travel to and from this event. I also certify that I am physically fit and adequately trained to participate in this event. I also allow PossAbilities to use photographs of me and the race to be used in any promotional material. Race takes place rain or shine, no refunds.

Signed _____ Date _____
 (Guardian or legal representative if runner is under 18 years of age)