**1st Annual**

**Age- and Dementia-Friendly Winnemucca and Humboldt County**

**&**

**Humboldt Volunteer Hospice**

**Sprint Triathlon**

When: Thursday, July 4th, 2019 – Bode Howard Pool and then around and about Winnemucca

 Registration and shirt/packet pick-up 7-7:30 am

 Swimming begins at 7:30

Where: Swim – Bode Howard Pool (1/3-mile)

Bike – 12-mile loop from pool to Winger’s, around neighborhoods and Offenhauser with return to pool

Run – from pool clockwise loop to Wmca Blvd, Highland, Hansen, then Haskell to pool (3-mile).

Cost: $30 single (participating in all events or just 1 or 2)

 $55 team (2 or 3 members)

**All proceeds will be used for Alzheimer’s Awareness, creation of the Memory Wall by the Fitness Park walkway, or Hospice.**

**Matching funds have been promised for the Alzheimer’s Association Longest Day**

**For more information and to register contact:**

**gini.cunningham@sbcglobal.net**

[**www.adf-winnemucca.com**](http://www.adf-winnemucca.com)

****

****

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, release Dementia Friendly Nevada, Humboldt Volunteer Hospice, and Age- and Dementia-Friendly Winnemucca and Humboldt County from any liability during the Sprint Triathlon to be held July 4, 2019.

I plan to participate in the (circle all that apply): swim bike ride jog/run

If you are on a team, please name the other team members and in which portion of the Sprint Triathlon each is participating: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Shirt size (circle one): Small Medium Large Extra Large

Contact information (name/email/phone #):