

Valleyfest Triathlon

Sunday, September 24, 2023, at 8:00 a.m.

Plantess Ferry Sports Complex/Centennial Trail

12308 E Upriver Drive, Spokane Valley, WA 99206

<https://valleyfest.org/triathlon/>

All triathlon registrations after Monday, September 11, at 10:00 a.m.

will **NOT** receive an event t-shirt.

Event will be held rain or shine - No Refund

TIMED RACE: Starts at 8:00 AM [Across the Line Timing](#) is timing the event.



ENTRY FEE: \$50 for individual, \$65 for a team of two, and \$80 for team of three September 11, 2023, includes t-shirt. All registrations after September 11, 2023 will not receive a t-shirt.

TRIATHLON COURSE: 5-Kilometer Run, 11 Mile Bike, 5 Kilometer Run

BOAT: Rowers start in-group heats at 8:00 a.m. at the Centennial Trail Head at CenterPlace Regional Event Center (2426 N. Discovery Place Spokane Valley) on the Spokane River. All transitions take place at Plantess Ferry Sports Complex west picnic shelter area. The 1.5-mile kayak/canoe course is downstream on the Spokane River past the David Govedare's sculpture of Antoine Plante and take out/boat deposit near the Plantess Ferry obelisk.

BIKE: The 11 mile bike course takes a right turn out of the Plantess Ferry west parking lot eastbound to the turnaround at Flora Rd (Skyview Elementary parking lot) and westbound to the turnaround at Farr Road. Then bikers return to Plantess Ferry transition area.

RUN: The run course exits the transition area; past the Plantess Ferry obelisk over the Spokane River on the

PARKING: Start and Finish at West Picnic Shelter. If west parking lot is full, go to parking off of Wellesley.

REGISTRATION:

ONLINE: at Valleyfest.org (Visa or MasterCard accepted) **PHONE:** (509) 922-3299

MAIL: Attach check payable to: Valleyfest • P.O. Box 368 • Spokane Valley, WA 99037

All registrations after Monday, September 16, at 10:00 a.m. will NOT receive an event t-shirt.

AMENITIES: Timed Race, Each participant receives a goodie bag

PACKET PICKUP AND LATE REGISTRATION: Pick up race number at one of the following check in times:

Friday, September 22, 4:00 PM - 7:00 PM and Saturday, September 23, 10:00 AM - 2:00 PM

Fleet Feet, Spokane Valley - 13910 E Indiana Ave, Spokane Valley, WA 99216

Please print clearly. Individual Team

Release and Waiver: I know that participating in the Valleyfest Triathlon is a potentially hazardous activity. I know I should not enter and participate unless I am medically able and properly trained. I also acknowledge and assume all risk associated with the possible contact with volunteers, spectators, walkers, bicycles, skateboards, other participants, and the like (i.e.; uneven pavement, rocks, water, tripping, falls, etc.) on the Centennial Trail and at Plantess Ferry. Knowing and appreciating these risks and in consideration of your acceptance of my entry, I hereby for myself, heirs, legal representatives, or anyone else claiming on my behalf, covenant not to sue, and waive, release and discharge Valleyfest, and/or the City of Spokane Valley, volunteers, and sponsors along with anyone else acting for or on behalf of the Valleyfest Triathlon from any and all claims of liability for death, personal injury or damage of any kind arising out of my participation. This Release and Waiver extends to all claims of every kind whatsoever, foreseen or unforeseen, known or unknown. I also hereby consent to permit and accept responsibility for emergency treatment in the event of injury or illness. Valleyfest suggests racers carry ID and any pertinent medical information with them at all times.

Individual/Runner

Date

Cyclist

Date

Paddler 1

Date

Paddler 2

Date

Signature of Parent/Guardian if Participant is under 18

Valleyfest Triathlon

Boat, Bike & Run

Spokane River/Centennial Trail

Sunday, September 24, 2023, at 8 a.m.

City of Spokane Valley, WA, USA

<https://valleyfest.org/triathlon/>

PHONE: (509) 922-3299

Email Address: _____

★ ★ ★ ★ TEAM NAME ★ ★ ★ ★

Company Sponsor (if corporate division team)

Team Captain

ENTRY FEE \$ _____

Entry Fees

Entry Fee includes T-Shirt when registering before 9/11/23

\$50	Individual
\$65	2 Person Open Team
\$80	3 Person Open Team

Please make checks payable to: **Valleyfest**
P.O. Box 368 • Spokane Valley, WA 99037

★NOTE ★ HELMETS ARE MANDATORY FOR ALL CYCLISTS★

★LIFE VESTS AND HELMETS ARE MANDATORY FOR CANOEISTS/KAYAKERS★

DIVISION ENTERED

(CHECK ONE DIVISION ONLY)

- ___ (1.) INDIVIDUAL MAN UNDER 30
- ___ (2.) INDIVIDUAL MAN 30-39
- ___ (3.) INDIVIDUAL MAN 40-49
- ___ (4.) INDIVIDUAL MAN 50-59
- ___ (5.) INDIVIDUAL MAN 60 AND OVER
- ___ (6.) INDIVIDUAL WOMAN UNDER 30
- ___ (7.) INDIVIDUAL WOMAN 30-39
- ___ (8.) INDIVIDUAL WOMAN 40-49
- ___ (9.) INDIVIDUAL WOMAN 50-59
- ___ (10.) INDIVIDUAL WOMAN 60 AND OVER
- ___ (11.) CORPORATE RELAY TEAM
- ___ (12.) ALL MALE TEAM
- ___ (13.) ALL FEMALE TEAM
- ___ (14.) COED TEAM
- ___ (15.) FAMILY TEAM

★ ★ ★ ★ TEAM MEMBERS ★ ★ ★ ★

RUNNER or INDIVIDUAL TRIATHLETE

FIRST NAME: _____

LAST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

Age as of 9/23/18: ___ DOB _/ _/ ___ Male ___ Female ___

Tshirt Size ___ Small ___ Medium ___ Large ___ XLarge ___ XXLarge

CYCLIST

FIRST NAME: _____

LAST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

Age as of 9/23/18: ___ DOB _/ _/ ___ Male ___ Female ___

Tshirt Size ___ Small ___ Medium ___ Large ___ XLarge ___ XXLarge

PADDLER 1

FIRST NAME: _____

LAST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

Age as of 9/23/18: ___ DOB _/ _/ ___ Male ___ Female ___

Tshirt Size ___ Small ___ Medium ___ Large ___ XLarge ___ XXLarge

PADDLER 2 or Guide

FIRST NAME: _____

LAST NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE: _____

Age as of 9/23/18: ___ DOB _/ _/ ___ Male ___ Female ___

Tshirt Size ___ Small ___ Medium ___ Large ___ XLarge ___ XXLarge