



REGISTRATION

ENTRY FEES

INDIVIDUAL

\$55 Early Bird by
September 15, 2026

\$65 After September 15

RELAY TEAM (2 OR 3 ATHLETES)

\$45 Per Participant Early
Bird by September 15

\$55 Per Participant after
September 15

Complete one entry form for each participant.

Fee includes guaranteed t-shirt for Early-Bird registrants.

You may also register online at www.thibodaux.com/triathlon

Seeding will be based on anticipated swim time.

ENTER YOUR SWIM TIME HERE: _____

☐ INDIVIDUAL ☐ RELAY TEAM (Team Name) _____

YOUR NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

PHONE _____ AGE _____ ☐ MALE ☐ FEMALE

COMPANY TEAM NAME (if applicable) _____

ADULT T-SHIRT SIZE _____

(Adult sizes only; register by September 15, 2026 to be guaranteed a t-shirt.)

Registration also requires the "Hold Harmless and Waiver of Liability" form on the reverse side of this paper. This event will occur rain or shine. We reserve the right to cancel in extreme circumstances. In that event, there will be no refunds.

Helmet required for bike race.

Mail this completed form to Thibodaux Regional Health System, ATTN: Marketing Department • 602 N. Acadia Road, Thibodaux, LA 70301.

Packet pick-up Friday, October 9, from 4–6 PM at Thibodaux Regional Wellness Center.

GREAT FOR FIRST-TIME TRIATHLETES!

SWIM 200 Yards

BIKE 10 Miles

RUN 3 Miles

Proceeds Benefit **THE HAVEN**. The Haven provides safety, advocacy, crisis response, and education to survivors of sexual assault and domestic, dating, and family violence.

SATURDAY OCTOBER 10, 2026

8 AM Race Start

INDIVIDUAL CATEGORY

Open to solo participants who will complete the entire swim, bike, and run course.

RELAY TEAM CATEGORY

Open to teams of two or three participants. Teams divide the three legs (Swim, Bike, Run) among themselves. Each participant must complete a registration form and include their team's name.

COMPANY TEAM COMPETITION

Sign up with a Company Team during the registration process. The company with the most members will be recognized at the event.

AWARDS

- Overall awards and men's/women's-specific awards for individual categories.
- Overall awards only for relay division.

HOLD HARMLESS AND WAIVER OF LIABILITY

The person listed below, by signing this form, agrees to assume responsibility for and further agree to indemnify, defend, and to hold Thibodaux Regional Health System, its agents, officers, and employees harmless from any loss or liability for or an account of injury to (including death of) persons or damage to property, including costs, attorney fees and expenses incidental, thereto, arising from participation in the "Tri for the Change Thibodaux Regional Health System Triathlon on October 10, 2026" whether or not said losses, injuries, deaths, or property damages arise partially or wholly from the fault of Thibodaux Regional Health System, its agents, officers, and employees. I understand that in the event I or my child is injured while participating in the aforementioned activity, I am responsible for any and all medical bills and expenses that may arise from said injury. If my child is participating and I am not present at the event, I give my permission to send my child to the nearest emergency department for treatment. This may include ambulance transportation if necessary.

Event may include photo and/or video recording with or without audio. I hereby grant permission to the rights of my image, likeness, and sound of my voice as recorded on audio or video tape without payment or any other consideration.

PARTICIPANT NAME: _____

PARTICIPANT/PARENT SIGNATURE: _____

DATE: _____

