

**SWIM
CYCLE
RUN**

Merritt Tri-Club

Contact Andrew Barranco,
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Merritt Tri-athlete club is directed towards assisting current or aspiring tri-athletes in swimming, cycling and running. The tri-club's main focus is to help members and non-members train properly for upcoming triathlon races and/or events using proper technique and endurance. The swimming aspect focuses more on freestyle technique while the cycling and running are directed more towards building proper endurance. The running will be done independently by each participant. **THIS WILL BE HELD AT THE CANTON LOCATION.**

Coach

Canton: Dean Jagusch

Coach's Background

Triathlon, endurance sports coach
Former ITU/ World cup professional athlete
Former Triathlon New Zealand World Championship Team Member

Fees

Participants should pick up a brochure around the club and fill out the registration and turn it in to the front desk. Prices are as follows:

MEMBERS- \$50 (for card good 12 practices)
NON-MEMBERS- \$90 (for card good for 12 practices)

Practices

Sign up anytime!!! This program runs all year long.

Mondays - 6-7am (swim only)
Thursdays - 6:15-7pm (swim) & 7-8:00 pm (cycle)
Running is done independently by each participant

Merritt Triathlon Club

Registration Form

Name _____
Date of Birth _____ Membership# _____
Address _____
City _____ State _____ Zip _____
E-Mail Address _____
Home Phone _____ Work/Cell _____
Tell us about your Triathlon history _____

Anything else we should know (ie., injuries)? _____

Please drop off or mail back to Merritt Athletic Clubs Canton
Attn: Andrew Merritt Athletic Clubs, Canton
3401 Boston Street
Baltimore, MD 21224

Waiver

I acknowledge and accept the risks inherent in the use of the Merritt Athletic Club's services and facilities, including participation in any birthday party or club rental. The undersigned assumes the sole risk if injury, accident, death, loss, cost or damage to his or her person or property which might arise from the use of Merritt Athletic Club's services and facilities. The undersigned further agrees that Merritt Athletic Clubs, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, damages, actions, or causes of action whatsoever to the undersigned's person or property arising out of or in connection with the use of the services and facilities of the Merritt Athletic Club, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, representatives, and assigns do hereby release and discharge Merritt Athletic Club, its instructors, employees, servants, and agents from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of the club, its servants, instructors, agents, or employees. The undersigned further agrees to abide by all policies and procedures of Merritt Athletic Club and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion.

Signature

Date