

Tell us more about yourself...

Level of triathlon experience

- Tri "Newbie" Some triathlon experience
- Tri "Stud/Studette"

Preferred distance

- Sprint Olympic 1/2 Ironman Full Ironman
- Duathlon Team Racing

What experience do you want to get out of the club?

(Check ALL that apply)

- Social ...have fun! Serious training
- Open water/group swim Bike rides/training
- Meet other triathletes Group Spin
- I'm a "Newbie" and need all the help I can get!
- I'm a stud and can help coach or mentor others!

I'm also interested in...

- Hosting a workout Becoming a mentor
- Membership Committee Social Committee
- Race Committee Race Volunteer

PLEASE READ CAREFULLY AND SIGN:

WVTC obtains insurance through USA Triathlon, the sport's governing body. They require all members sign a release waiver annually. Each member of a household (over age 18) must sign the waiver. For persons under 18, a parent/guardian must sign. I acknowledge that triathlon (swim, bike, run) is by nature test of a person's physical and mental limits and carries with it the potential for serious injury and property loss. I hereby assume the risks of participating in the Willamette Valley Triathlon Club. I certify that I am qualified and capable of completing all disciplines, and am in good health. I acknowledge that events are completed in public areas and am aware of that unforeseen hazards exist. I declare myself, my heirs, my executors, administrators, next of kin, successors and assigns that I will not hold the Willamette Valley Triathlon Club, nor its sponsors, responsible for any injuries I may incur while participating in, or as a result of, said triathlon activities. I, for myself, hereby waive, release and discharge from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, or theft which may arise out of or relate to my participation. I grant full permission to use any photographs, videotapes, recordings, or any other record of these events for any purpose. I hereby certify that I am (18) years of age or older, and I have read this document and understand its content. (parent/legal guardian signature required for persons less than 18 years).

signature	printed name	date
signature	printed name	date
signature	printed name	date
signature	printed name	date

Club Sponsors



Willamette Valley Triathlon Club

(Formerly the Salem Tri Club)

**Swim
Bike
Run**
Come join the fun!

We are a group of fun loving people, living in the Willamette Valley, who train together, race together, and share our triathlon knowledge and experience!

West Salem Vision Center

Jennifer Distrola LMT

lic# 14082



The Willamette Valley Triathlon Club is a non-profit organization committed to promoting the sport of triathlon in the Oregon Willamette Valley. Club membership is open to all triathletes regardless of age or ability, and club members have triathlon aspirations from the sprint distance to the full Ironman distance.

Reasons To Join

- Gain fitness
- Compete
- Train with others
- Challenge yourself
- Have fun
- Set goals and inspire
- Improve performance
- Mentoring Program

Membership Benefits

- Discount at Bike Peddler
- Discount at Gallagher Fitness Resources
- Discount at Scott's Cyclery
- Group rides/runs
- Group open water swims @ Silverton Reservoir – Silverton, OR
- Triathlon clinics and guest speakers
- Access to group training workouts
- Club social events
- \$3.00 off annual USAT dues

Need More Information?

- Check out our web site at www.wvtriathletes.org
- Contact our Membership Coordinator
Brian Villarette
bonowrangler@gmail.com

Sponsors

The Willamette Valley Triathlon Club is proud to be supported by the following local businesses:

Silverton Health
Northwest Rehabilitation Associates, Inc.
Roger C. Dow, D.M.D.,P.C. - Pediatric Dentistry
Salem Radiology Consultants, P.C.
The Bike Peddler
Scott's Cycle
Gallagher Fitness Resources
West Salem Vision Center
Jennifer Distrola LMT

Membership Application

We appreciate your interest in becoming a member of the Willamette Valley Triathlon Club. Please complete the application form for all the members in your family who will be participating in the club activities! (Please fill out both sides of this form!)

name		
_____	_____	_____
age	date of birth	USAT# (if applicable)

name		
_____	_____	_____
age	date of birth	USAT# (if applicable)

name	age	dob

name	age	dob

Address		

city	state	zip
() _____	() _____	
home phone	cell phone	

email address (club's method of communication)		

- individual membership \$30.00
 - family membership \$50.00
 - student membership \$20.00
 - WVTC Board Member
 - new member
 - renewal
- Make checks payable to: WVTC
Mail form to: WVTC Membership
1323 Gwin Wy SE.
Salem 97317



(Please fill out both sides of this form)

