



**Y-KNOT  
TRI**  
Lake City, Minnesota August 9th, 2025

**Release and Waiver**  
**5<sup>th</sup> Annual Y-Knot Tri**  
**Saturday, August 8th, 2026**

I understand that **Y-Knot Tri Triathlon** entry fees are not refundable or transferable to others. I agree to wear a properly fitted hard-shell bicycle helmet at all times when riding a bicycle and a U.S. Coast Guard approved lifejacket during the kayak portion of the Y-Knot Triathlon event. By my entry into this event, I hereby accept its inherent risks and certify that I am physically fit and able to participate. I grant my consent to any duly authorized doctor or medical personnel to provide me medical treatment in response to any accident, injury, or illness during this event.

I hereby waive and release any and all claims for damages to personal property or self, including negligence claims, death, or any injuries incurred as a result of taking part in this event against the Lake City Chamber of Commerce, its officers, and employees, and any and all other organizers, sponsors, officials, vendors, volunteers, and associated entities, with their heirs and assigns, singly or collectively.

I grant permission without obligation or liability for the use of my name, image, or other record of me taking part in **the Y-Knot Tri Triathlon** for promotional purposes. I agree to obey any applicable traffic rules; to heed the direction of public safety officers and event officials; and to ride and conduct myself with due caution and respect, so as not to endanger fellow bicyclists, paddlers, runners, motorists, or others.

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Print Name

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Signature

Phone #

Today's Date

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Parent Signature (If Under 18yrs of Age)

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Emergency Contact Name

Phone #