

STAR/PAL, in partnership with the San Diego Police Department, invites you to participate in the

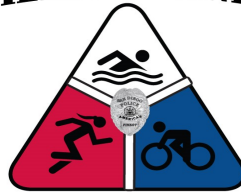
# 2016 TRI-N-HARDER-4-KIDS Indoor Triathlon

In Memory of Officer Jeremy Henwood

Saturday, January 23rd · Jewish Community Center · 4126 Executive Drive

For more info  
check out our  
website at  
[www.starpal.org](http://www.starpal.org)

AMERICA'S FINEST



**TRI-N-HARDER-4-KIDS**  
Bringing youth & law enforcement together TODAY  
to build safer communities TOMORROW

Check in begins at  
7:30am  
First wave begins at  
8:10am

Presented by:



You are making a difference by going the "extra mile" for kids! By committing to fundraise \$100 (\$250- relay teams), you are directly benefitting STAR/PAL youth programs and the SDPOA Law Enforcement Memorial Fund. Please encourage your family, friends, and colleagues to support you in this worthwhile event!

To register, please complete all fields below and submit form/donations to:

STAR/PAL  
TRI-N-HARDER-4-KIDS  
4110 54th Street  
San Diego, CA 92105

Option to scan forms: [cdalcour@starpal.org](mailto:cdalcour@starpal.org) | Interoffice mail: MS 718

### Donation Information

- I will bring my collected donations to the event.
- Enclosed is a check made payable to STAR/PAL in the amount of \$ \_\_\_\_\_.
- Please charge my contribution to my credit card:

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ 3 digit CVV: \_\_\_\_\_ Billing Zip \_\_\_\_\_

Authorized Signature: \_\_\_\_\_ Date: \_\_\_\_\_

STAR/PAL Tax ID# 33-0363138.

For online donations, visit our **donate page** at [www.starpal.org](http://www.starpal.org). Make sure your sponsors add the participant name under "add special instructions for the recipient" before submitting to PayPal.

**Questions?** Contact Courtney Dalcour at 619.533.5720 or [cdalcour@starpal.org](mailto:cdalcour@starpal.org).

### Participant Waiver

Full Name \_\_\_\_\_ Relay Team Name (if applicable) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_ Contact Phone \_\_\_\_\_

Age on 01/23/16 \_\_\_\_\_ Gender \_\_\_\_\_ Agency/Division \_\_\_\_\_

Dri-fit T-Shirt Size: S M L XL 2XL

Waiver: In consideration of acceptance of my entry, I for myself, executors, administrators, and assignees do hereby release STAR/PAL, Jewish Community Center, City of San Diego, and all governmental agencies whose property and/or personnel are used, and all other sponsors for claims of damages, demands, actions, whatsoever, in any manner arising or growing out of my participation in said athletic event. Further, I hereby grant full permission to any of the foregoing to use any photographs, videotapes, motion picture recording or any other record of this event for any purpose whatsoever. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_