**Superhero series – tri challenge | Registration form**

Please tell us how you want to take part by filling in this form.

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| **Your name** |  |
| **I want to take part in the challenge!** Please tick/type the section of the challenge you’d like to do (just choose one section – swim/cycle/run) and fill in the details… |
| **SWIM - 150M**  |  |
| I have my own wetsuit  |  |
| I need to hire a wetsuit  | Please say what size wetsuit you need  |
| **CYCLE - 3K** |  |
| Please tick if you will need to hire a bike/adapted vehicle, or if you will bring your own | I will hire a bike/adapted vehicle …. I will bring my own bike/adapted vehicle …. |
| Do you have a cycle helmet?  | Everyone cycling needs to wear a cycle helmet |
| **RUN/WALK/BE PUSHED - 1K** |  |
| Please tick if you will need an aid, and whether you will hire or bring your own | I will hire an aid (eg. Wheelchair) ….I will bring my own aid …. |
| Do you have a helmet? | Everyone being pushed or self-propelling needs to wear one |
| **I’ve formed a team and our team name is…** (please write the team name and team members here) |  |
| **I will need help from a sidekick** | Please tell us what help you will need |
| **I want to be support crew!**Please tick/type if you want to be general support or sidekick… |
| **General support**(cheering teams on during the event and general assistance) |  |
| **Sidekick** (supporting a disabled team member to get through their bit of the challenge) | If you have already agreed to help someone, please write their name here and how you will help them (otherwise just tick) |
| **Transport**Please tell us if you will need transport to the venue |  |
| **I can’t/don’t want to come** |  |