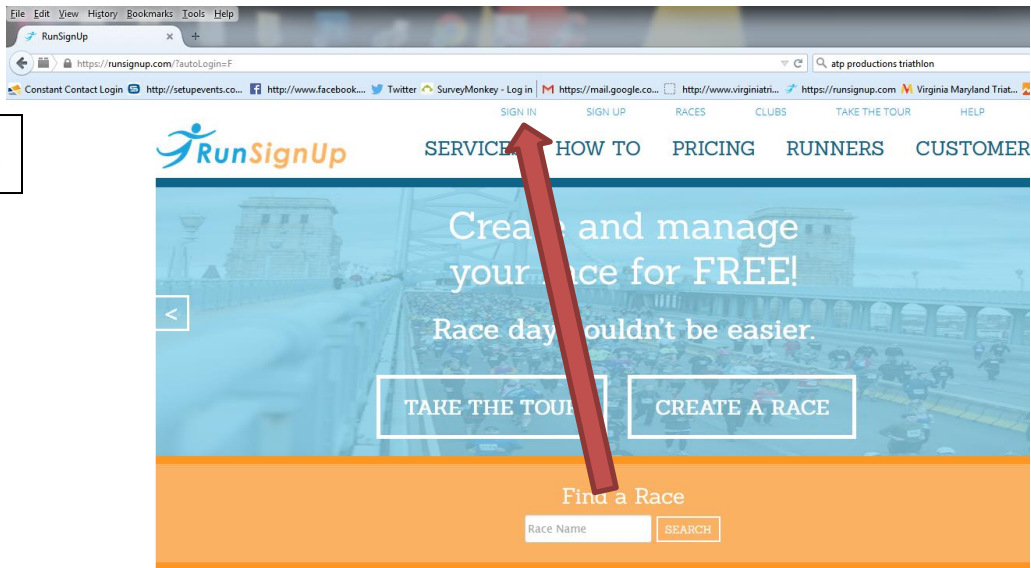


How to register for an event on www.vtsmts.com via Run Sign Up!

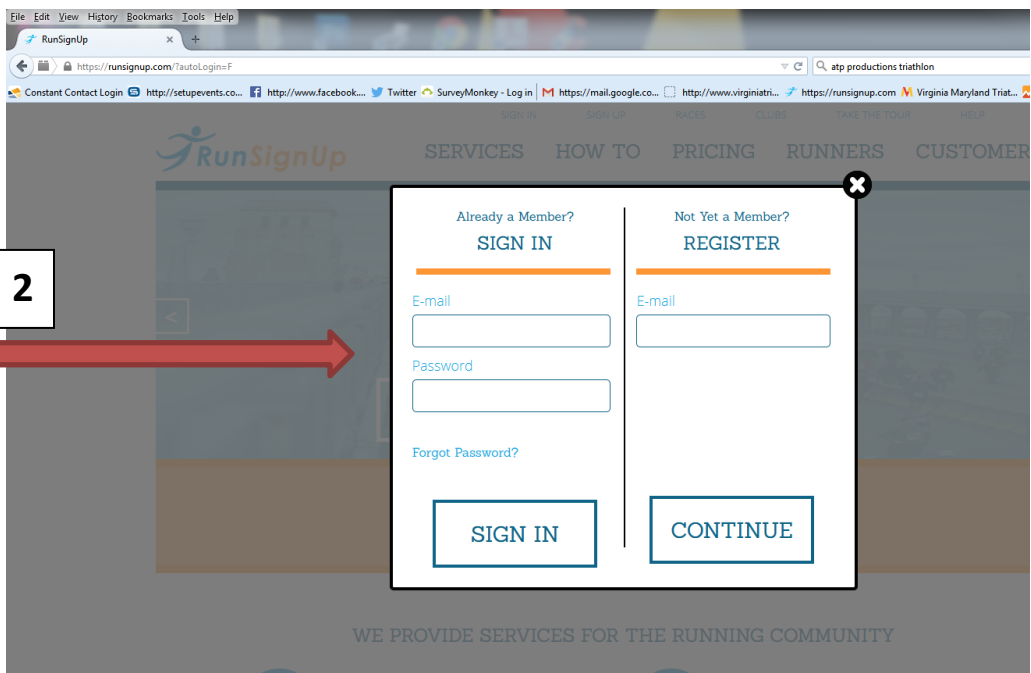
1. Create an Account/Profile on www.runsignup.com
2. Sign in to your account/profile on Run Sign Up

1



WE PROVIDE SERVICES FOR THE RUNNING COMMUNITY

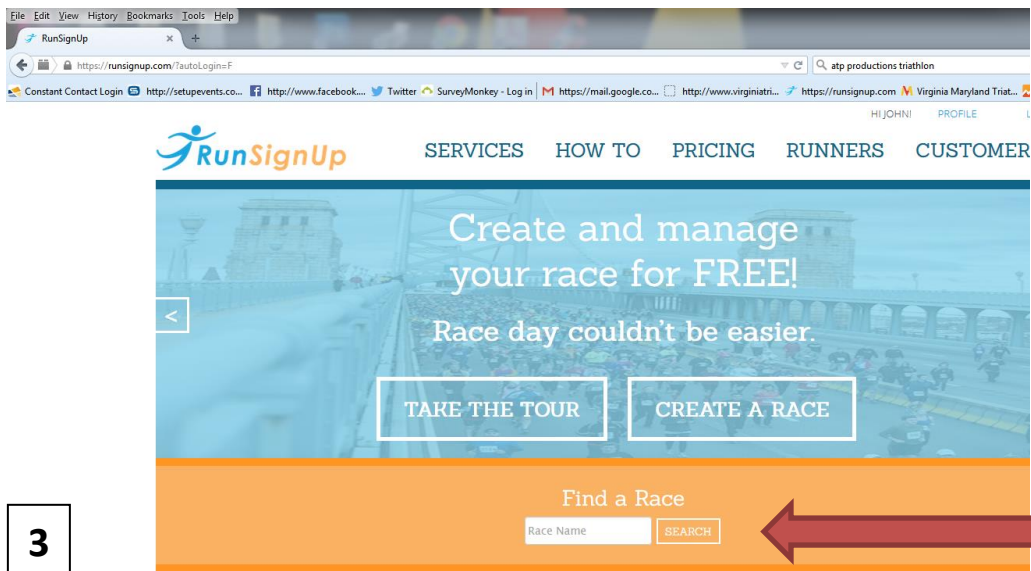
2



Step by Step Instructions

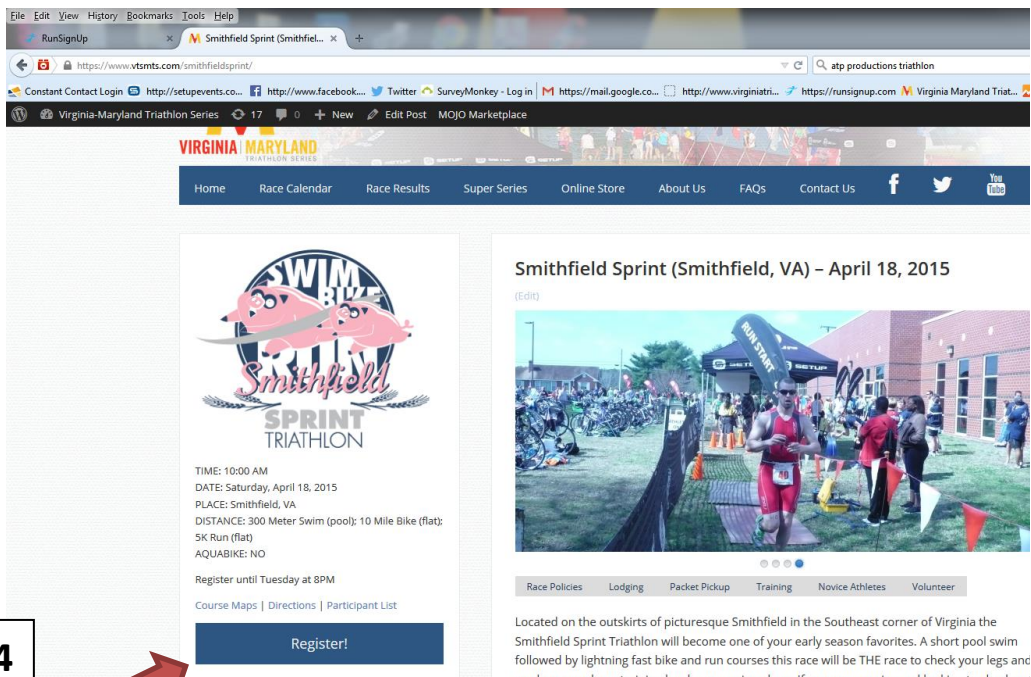
1. Create Account

2. Sign In to Account

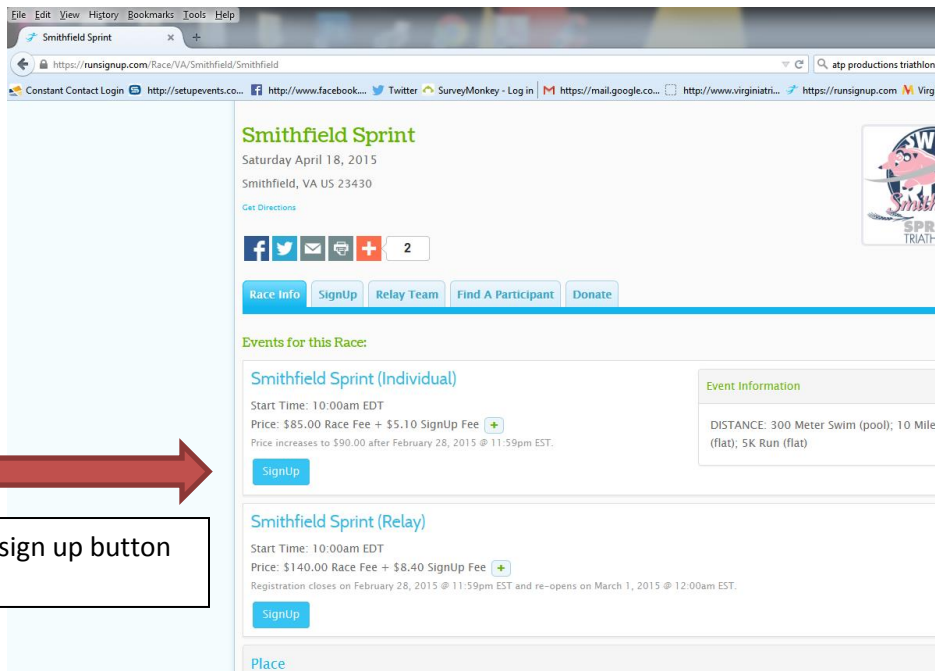


3. Click Continue

Either search for an event on Run Sign Up or click on the registration link via the www.vtsmts.com webpage



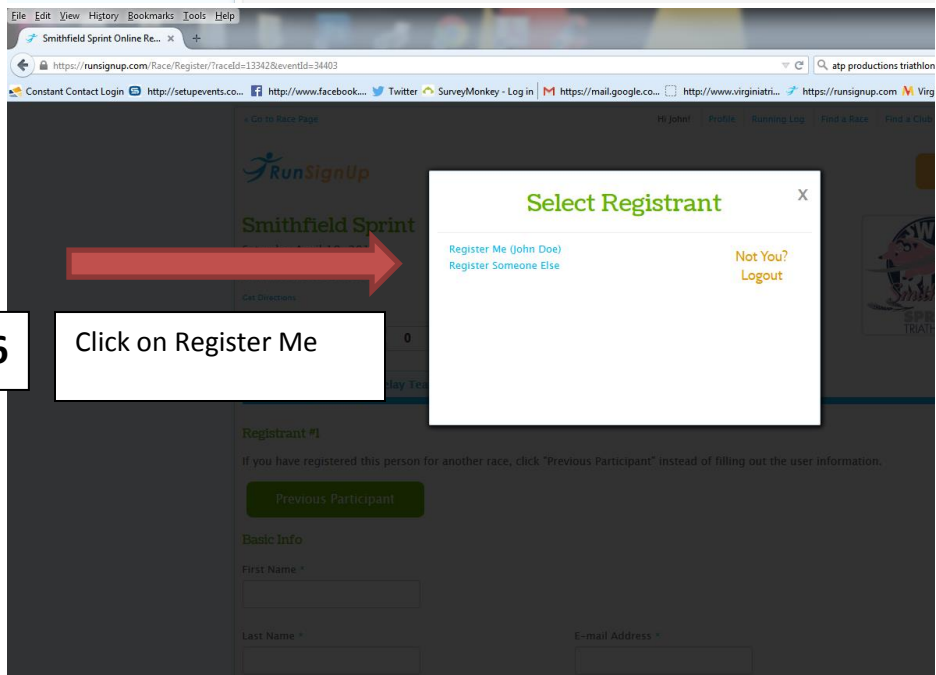
4. Click Register



5

Click on sign up button

5. Click Sign Up Button



6

Click on Register Me

6. Click Register Me

File Edit View History Bookmarks Tools Help

Smithfield Sprint Online Re... x

https://runsignup.com/Race/Register/trackId=13342&eventId=34403

atp productions triathlon

Constant Contact Login http://setupevents.co... f http://www.facebook... t Twitter S SurveyMonkey - Log in M https://mail.google.co... http://www.virginia... https://runsignup.com Vir

Smithfield Sprint

Saturday April 18, 2015
Smithfield, VA US 23430

[Get Directions](#)

f t e + 0

[Race Info](#) [SignUp](#) [Relay Team](#) [Find A Participant](#) [Donate](#)

Registrant #1

John Doe
twltris@hotmail.com
1234 Main St
Richmond, VA 23224
Date of Birth: 7/4/1976
Phone: 123-456-7891
Gender: M

[Update User Information](#)

Choose Your Event(s) *

Smithfield Sprint (Individual) [Smithfield Sprint \(Individual\)](#)
\$85.00 Event Fee + \$5.10 SignUp Fee
Open to ages 12+.

[Relay Team](#)

7

Choose the event HERE

7. Choose Event

This person is not registering for any events that support Relay Teams.

[Add Another Registrant](#)

8

[Continue](#)

Click on Continue

8. Click Continue

File Edit View History Bookmarks Tools Help

Virginia Maryland Triathlon... x Smithfield Sprint Online Re... x Inbox - don.white@vtrmts... x Virginia & Maryland Triathl... x

https://runsignup.com/Race/Register/TregToken=00eb65920&raceld=13342# richmond va zip codes

Constant Contact Login http://setupevents.co... http://www.facebook... Twitter SurveyMonkey - Log in https://mail.google.co... http://www.virginiatri... https://runsignup.com Vir

Race Info Signup Relay Team Find A Participant Donate

Waiver

In consideration of you accepting this entry, I, the participant, intending to be legally bound and hereby waive or release any and all right for damages or injuries that I may have against the Event Director, Kinetic Endeavors, RunSignUp.com, and all of their agents assisting w event, sponsors and their representatives and employees for any and all injuries to me or my personal property. This release includes all and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my executors, administrators, or assignees.

I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completio event and that my physical condition has been verified by a licensed Medical Doctor. By submitting this entry, I acknowledge (or a paren guardian for all children under 18 years) having read and agreed to the above waiver.

[Open waiver in new window](#)

Instructions

Please enter the information **EXACTLY AS SHOWN IN RED TEXT ABOVE THE TEXT BOX** to confirm that you agree to that waiver and e older, or have the authority to register the registrant listed.

Waiver Agreement for John Doe

John Doe

John Doe

[Continue](#) [Back](#)

9

10

Click **Continue**

Type your name in the waiver box

9. Type your name in the waiver box

10. Click Continue

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Virginia Maryland Triathlo... x Smithfield Sprint Online Re... x Inbox - don.white@vtrmts... x Virginia & Maryland Triathl... x

https://runsignup.com/Race/Register/TregToken=00eb65920&raceld=13342# richmond va zip codes

Constant Contact Login http://setupevents.co... http://www.facebook... Twitter SurveyMonkey - Log in https://mail.google.co... http://www.virginiatri... https://runsignup.com Virginia Maryland Triat...

f t e + 0

Race Info Signup Relay Team Find A Participant Donate

John Doe

USAT Membership

This is a USAT sanctioned event. All participants must be a USA

☐ I am a Current USAT Member

☐ Buy a One-Day USAT License (\$12.00)

☐ Buy a New USAT Membership (\$45.00)

☐ Renew My USAT Membership (\$45.00)

☐ Update My One-Day License to USAT Membership (\$33.00)

USAT Waiver

You MUST read the waiver and enter your name to agree to the waiver. By entering your signature , you confirm that you agree to the waiver.

John Doe's Signature

☐ Sign later

[Read USAT Waiver](#)

[Continue](#) [Back](#)

11

Choose the circle that resembles your USA Triathlon Status.

12

Type your name in the USAT signature box

13

Click on Continue

11. Choose USAT Status

12. Type your name in USAT Signature Box

13. Click Continue

Smithfield Sprint
Saturday April 18, 2015
Smithfield, VA US 23430

Get Directions

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Race Info Sign Up Relay Team Find A Participant Donate

John Doe

Please select an option for your Tri-Blend Race Shirt.

Tri-Blend Race Shirt Option *

--- Select An Option ---

Questions for John Doe

Please select your race category: *

☒ Age Group
☐ Athena / Clydesdale
☐ Military
☐ Novice

Age Group: This is most people racing.
 Athena/Clydesdale: Athletes over 165 (Athena/Female) or 220 (Clydesdale/Male)

14. Select T Shirt Size

15. Choose your Category

Age Group
 Athena / Clydesdale
 Military
 Novice

Age Group: This is most people racing.
 Athena/Clydesdale: Athletes over 165 (Athena/Female) or 220 (Clydesdale/Male)
 Military: Active duty only
 Novice: For new triathletes, this swim wave starts last.

What is your estimated 300 meter swim time? *

Hrs 4 Mins 30 Secs

Please list your race day emergency contact: *

Jane Doe

Note: This cannot be a person racing the event.

Emergency Contact Phone Number *

123 456-7891

Continue Back

16. If Pool Swim,
enter swim time here

17. Fill in Emergency
Contact Info here

18. Click on Continue

File Edit View History Bookmarks Tools Help

Virginia Maryland Triathlo... x Smithfield Sprint Online Re... x Inbox - don.white@vtsmts... x Virginia & Maryland Triathl... x Smithfield Sprint (Smithfiel... x Smithfield Sprint Participa... x

https://runsignup.com/Race/Register/RegToken=00eb865920&racld=13342# Search

Constant Contact Login http://setupevents.co... http://www.facebook... Twitter SurveyMonkey - Log in https://mail.google.co... http://www.virginiatri... https://runsignup.com Virginia Maryland Triat...

Smithfield Sprint

Saturday April 18, 2015
Smithfield, VA US 23430
[Get Directions](#)

[f](#) [t](#) [e](#) [+](#) 0

[Race Info](#) [Signup](#) [Relay Team](#) [Find A Participant](#) [Donate](#)

This race benefits the host of our race, the Luter Family YMCA. The YMCA's Strong Communities Program provides financial assistance to folks that would like to take advantage of the programs at the YMCA but otherwise couldn't. Please consider making a donation to this worthy cause during the registration process.

Donation Amount

AMOUNT

\$ 0

19

If you would like to make a donation to the event charity you may do so here

19. Donation Section

On Behalf Of

☐ Anonymous ☒ Show My Name ☐ Show Another Name

20

John Doe**Extra BBQ Meal » \$10.00 each**

All registered athletes get a free BBQ meal. If you would like additional tickets you can purchase these here or at <https://www.vtsmts.com/store/>

Quantity

**VTS-MTS Cycling Jersey**

The New Virginia-Maryland Triathlon Series cycling jersey, get them while you can!

Option	Price	Quantity
X-Small	\$95.00	<input type="text" value="0"/>
Small	\$95.00	<input type="text" value="0"/>
Medium	\$95.00	<input type="text" value="0"/>
Large	\$95.00	<input type="text" value="0"/>
X-Large	\$95.00	<input type="text" value="0"/>
XX-Large	\$95.00	<input type="text" value="0"/>



If you would like to purchase items from the add on section you may do this here.
Jerseys, Visors, Race Belts

VTS-MTS SweatVac Visor » \$24.00 each

Great, New Virginia-Maryland Triathlon Series SweatVac Visors!

Quantity

**VTS-MTS Race Belt » \$12.00 each**

State of the art race belts!

Quantity

[Continue](#)[Back](#)[Contact RunSignUp](#) [Contact This Race](#) © 2015 RunS

20. Add On Store Section

Review your registration information:

Race Information
Race: Smithfield Sprint

Registrants

Name: John Doe
E-mail: twltris@hotmail.com
Date of Birth: July 4, 1976
Age: 39 (On Race Day)
Gender: M
Event: Smithfield Sprint (Individual)
Tri-Blend Race Shirt: Extra Small

Address: 1234 Main St
City: Richmond
State: VA US
Zip Code: 23224
Phone: 919-123-4567

[Add Another Registrant](#)

Registration Cart

Smithfield Sprint (Individual) ■ John Doe	\$85.00	\$85.00
Tri-Blend Race Shirt ■ Extra Small	\$0.00	\$0.00
USAT One-Day License ■ John Doe	\$12.00	\$12.00

21

You can review your registration information here!

21. Enter Payment Info

Credit Card Information

First Name *
John

Last Name *
Doe

Address *
1234 Main St

City *
Richmond

Country *
United States

State *
VA - Virginia

Zip Code *
23224

Card Number *
[Input Field]

CVV (Card security code) *
[Input Field]

Expiration Date *
[Month/Year]

Enter your payment method here and Confirm Payment!

You can clear this transaction within 15 minutes. After that all sales are final and there are no refunds.

[Confirm Payment: \\$102.82](#) [Back](#)

22

23

24

Congratulations! You are registered, best of luck with your training!

You will now receive an email confirming your registration!

22. Click Confirm Payment

23. Congratulations

You are now registered

24. You will receive and email confirming your registration

Train Safe