



## **Hope For Crohn's® Event Information Sheet (Registered Triathlete Version)**

To Whom It May Concern:

Your patient has signed up to participate in the Hope For Crohn's® Blue Wave Triathlon. Hope for Crohn's® Blue Wave Triathlon is committed to the safety and well being of all participants and, therefore, it is important to us that you understand all the particulars about this event in order to make an informed decision about whether your patient may safely participate.

This event is a multi-sport course, ½ mile swim, 11 miles bike, and 3.1 mile run. It is a USA Triathlon sanctioned event. The terrain is flat ground and some upstream swimming , uphill cycling, or uphill running may be done on a variety of surfaces such as paved, track, sidewalks, shoulders of streets, beach paths, etc.

Triathletes have as many as one to two hours to complete the multi-sport course, generally from 7am to 2pm. Depending on the date of the Hope for Crohn's® Blue Wave Triathlon, triathletes participate in a variety of weather conditions from heat and humidity to cold, wind and rain. There are pit stops along the route to exit where the triathletes may rest and get food, fluids and basic medical care. For those triathletes who are unable to complete the course( swim, bike, or run), volunteer crew members are available to escort triathletes to a rest area.

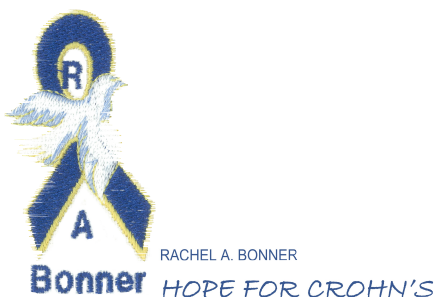
All meals are provided while at the event for registered triathletes. All participants have access to a comprehensive health services team in the event ,comprised of doctors, nurses, EMTs, athletic trainers, chiropractors and physical therapists.

Although the volunteer staff and volunteer crew members of the Hope For Crohn's® Blue Wave Triathlon make every effort to provide a safe and comfortable environment for the participants, the Hope For Crohn's® Blue Wave Triathlon may still be a difficult endurance event for Participants. Thank you for considering the details of the event as well as your patient's medical history when advising your patient on his/her participation.

Sincerely,

Medical Management

Hope For Crohn's® Blue Wave Triathlon



## **Hope For Crohn's® Event Information Sheet (Registered Volunteer Crew Member Version)**

### To Whom It May Concern:

Your patient has volunteered to participate as a volunteer crew member in the Hope For Crohn's® Blue Wave Triathlon. Hope For Crohn's® Blue Wave Triathlon is committed to the safety and well being of all participants and, therefore, it is important to us that you understand all the particulars about this event in order to make an informed decision about whether your patient may safely participate as a volunteer crew member.

This event is a multi-sport course, ½ mile swim, 11 miles bike, and 3.1 mile run. It is a USA Triathlon sanctioned event. The terrain is flat ground and some upstream swimming , uphill cycling, or uphill running may be done on a variety of surfaces such as paved, track, sidewalks, shoulders of streets, beach paths, etc. Your patient will be part of the all volunteer crew that works very hard to make sure that the needs of the registered triathletes are met during the event.

Depending on the volunteer crew team to which he/she is assigned, a volunteer crew member's duties may include working outdoors, being up very early in the morning and working until late afternoon, heavy lifting, standing for long periods of time, transporting gear for the triathletes, or other activities to prepare for and support the Hope For Crohn's® Blue Wave Triathlon event and its participants. Your patient will be able to describe to you the specific volunteer crew team to which he/she has been assigned, the particular duties this assignment entails and the physical nature of these duties.

Depending on the dates of the Hope For Crohn's® Blue Wave Triathlon, volunteer crew members participate in a variety of weather conditions from heat and humidity to cold, wind and rain.

All meals are provided while on the event. All participants and volunteer crew members have access to a comprehensive health services team in the event, comprised of doctors, nurses, EMTs, athletic trainers, chiropractors and physical therapists.

Thank you for considering the details of the event as well as your patient's medical history when advising him/her on whether to participate as a volunteer crew member.

Sincerely,

Medical Management

Hope For Crohn's® Blue Wave Triathlon