

Sunday, July 25, 2010

Paradise Park Chisago City 7 a.m.

Distances

Sprint: .25 mi. swim, 22 mi. bike, 3.1 mi. run

Half Iron: 1.2 mi. swim, 56 mi. bike, 13.1 mi. run

Registration and Health Expo

Friday, July 23 4 - 8 p.m.

Saturday, July 24 11 - 5 p.m.

Sunday, July 25 4:45-6:45 a.m.

Kids' Triathlon

Saturday, July 24

8 a.m.

Paradise Park, Chisago City, MN

Packet Pick-Up: Fri. 4-8 p.m. & Sat. 7-8:30 a.m.

This is a fun event; modified for each age group. Swim is parallel to shore & never over the waist. Bike helmets are mandatory. Top 3 female/male for each age receive an award. All kids receive a t-shirt, goody bag and finisher's medal.

EVENT FEES

Event is sanctioned by USAT -governing body of the sport. Participants must be a USAT member to compete. However, USAT will provide one-day memberships for those who are not members for \$10.

For more info? usatriathlon.org

Received by:	2/1	7/22	7/25
Sprint (Individual)	\$40	\$55	\$70
Half Iron (Individual)	\$85	\$110	\$125

Sprint Relay (each)	\$30	\$30	\$40
Half Iron Relay (each)	\$40	\$45	\$65
Kids (USAT does not apply)	\$15	\$18	\$20

Each relay team member must have a USAT membership

Chisago Lakes Form. Cut & Send in. 1 per person.

CHECK: Sprint ___ **Half Ironman** ___ **Kids' Tri** ___

First _____ Last _____

USAT # _____ D.O.B. ___/___/___ Age ___

Female ___ Male ___

Address _____

City _____ State ___ Zip _____

Circle shirt size:

CHILD Sm (6-8) Med (10-12) Lg (14-16)

ADULT Sm Med Lg XL XXL

E-mail _____

Phone ___-___-___ Athena ___ Clydesdale ___

Team Name _____

SWIMMER CHECK: Relay Sprint ___ **Relay Half Ironman** ___

First _____ Last _____

USAT # _____ Shirt size: Sm Med Lg XL XXL

Address _____

City _____ State ___ Zip _____

E-mail _____

BIKER

First _____ Last _____

USAT# _____ Shirt size: Sm Med Lg XL XXL

Address _____

City _____ State ___ Zip _____

E-mail _____

RUNNER

First _____ Last _____

USAT# _____ Shirt size: Sm Med Lg XL XXL

Address _____

City _____ State ___ Zip _____

E-mail _____

Method of Payment Enclosed

Check ___ Visa ___ Mastercard ___

Ex. Date ___/___

Signature Number (last 3 digits on back) ___

Card no. _____

Fill in Event Fee

___ Sprint
___ Half Iron
___ Relay Sprint
___ Relay Half Iron
___ Kids' Tri

Check if needing a swim placement:

Elite Fast: Wave 1 ___

Write last triathlon & overall place

First Time Triathlete: Slower Wave ___

- \$5 Discount if dropped off at Cycle & Skate in Forest Lake or Gear West Bike in Long Lake

+ \$10 Add \$10 per Adult participant if not a USAT member

___ **Total Payment Due**

Midwest Sports Events
2079 Lawrence Dr. Ste D
De Pere, WI 54115

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE USA TRIATHLON AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY. SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION of USA Triathlon ("USAT") allowing me to participate in any USAT sanctioned event (the "Event" or "Events") as either a member of USAT or through the issuance of a single event license or permit; I, for myself, and on behalf of my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event.

2. I understand and acknowledge the physical and mental rigors associated with triathlon, duathlon, or other multi-sport events, and realize that running, bicycling, swimming and other portions of such Events are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and death; loss or damage to property; exposure to extreme conditions and circumstances; accidents, illness, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined harm or damage which may not be readily foreseeable, and other presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.

3. I agree to be familiar with and abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USAT and the Guide to Prohibited Substances and Prohibited Methods of Doping adopted by the United States Anti-Doping Agency. I also accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USAT, the Event Organizers and Promoters, Race Directors, Sponsors, Advertisers, Host Cities, Local Organizing Committees, Venues and Property Owners upon which the Event takes place, Law Enforcement Agencies and other Public Entities providing support for the Event, and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate to my participation in the Event, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim. I hereby warrant that I have

read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

PRINTED NAME OF PARTICIPANT: _____ AGE: _____

DATE OF BIRTH: ____/____/____

PARTICIPANT'S SIGNATURE:

DATE: _____

As the Parent and/or Legal Guardian to the minor identified above, I hereby accept and agree to all of the terms and conditions of this Agreement in connection with the minor's participation in the Event(s). If, despite this Agreement, I, or anyone on the minor's behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

PARENT/GUARDIAN SIGNATURE (REQUIRED IF THE PARTICPANT IS UNDER THE AGE OF 18):

DATE: _____