

Shrewsbury Rocks! Triathlon
Registration Form

Name
Address
Home Phone
Cell Phone
Birth date
Emergency Contact
Email address

T Shirt Size

Swim level: Beginner, Intermediate, Expert
Want to swim with a partner? If so, who _____

Athletic Ability: Beginner Intermediate, Expert

Competing as a team? If so, names

Address
Emergency Contact
email address
T Shirt Sizes

When: Saturday August 28, 2010
Registration 7:00am.....First swim leg 7:15am

Where: Start-End Shrewsbury Pool

How Much: \$35

Distances: Swim: .42 miles (15 laps or 30 lengths)
Bike: 12.7 miles
Run: 3.2 miles

Transition Area: Grassy area in front of Shrewsbury Pool.

Bike Course: From transition area East to Metro Link station, South on River Des Peres Trail, Across River Des Peres to Carondolet Park and back to Start.

Run Course: (Exact course TBD) From Transition Area east to St. Vincent, south to Weil, west on Weil crossing at DeVille. Take DeVille to Hazel west through park. North on Wilshusen to Weil, and Weil back east to St. Vincent, to start.

Philosophy: This is a **non-competitive, non-official** event, designed for the first time triathlete, or participant who just wants to have fun with friends. If you want to know your time, bring a watch. **Traffic on the run and bike course will not be blocked. Helmets must be worn on bike ride.**

Note: This event will be limited to the first 100 entrants. We cannot guarantee a T-shirt for checks/ money received after August 1st. Please note T-shirt size on check.

Also, there will be a waiver to sign the day of the event.

Packets will be available for pickup starting on Monday, August 2nd. All packets should be picked up by Friday August 13th.

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE CITY OF SHREWSBURY 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.

**2010 WAIVER AND RELEASE OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

IN CONSIDERATION of "The City of Shrewsbury" allowing me to participate in this event (the "Event" or "Events") as either a acquaintance of "City of Shrewsbury" or friend of the "City of Shrewsbury" 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, 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 "City of Shrewsbury" and 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 any Competitive Rules adopted by "City of Shrewsbury" 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: "City of Shrewsbury" 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 the 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 participant is under the age of 18): _____
DATE: _____

