

# REGISTRATION FORM

Mail-in registration deadline: Entries (with enclosed payment payable to **Eagle River Tri**) must be postmarked no later than - May 1, 2010. Mail to: ER Tri, PO Box 243743, Anchorage, AK 99524-3743. On-line registration available at [Active.com](http://Active.com).

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Gender: M / F      Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

Email: \_\_\_\_\_

Daytime phone: \_\_\_\_\_

Evening phone: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

USAT # (if applicable): \_\_\_\_\_

Team Name\*: \_\_\_\_\_

Swimmer Name\*: \_\_\_\_\_

Biker name\*: \_\_\_\_\_

Runner name\*: \_\_\_\_\_

**\*Need one form and waiver signed for EACH team member.**

## **BIB PICK-UP (MANDATORY FOR EVERY PARTICIPANT):**

June 1, 2010, 5–7 PM at Skinny Raven

June 3, 2010, 5 –7 PM at Chain Reaction

June 5, 2010, 3–5 PM at Chugiak HS Parking Lot

**NO race day registration. Bib p/u on race day available to those outside Anchorage-area only.**

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.

### 2010 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"):

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.

I have read and understand the WAIVER.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent/Guardian signature required for athletes under 18 years of age.)

INFORMATION, RULES  
& REGISTRATION

2010 EAGLE RIVER  
TRIATHLON  
JUNE 6, 2010

### RACE DAY SCHEDULE:

7:00 - 7:45 am	Adult check in, swim warm ups
7:45 - 8:00 am	Final instructions & questions
8:00 am	Adult race begins
2:00 pm	Kid's check in and swim check
2:30 pm	10-12 year old kid's race begins
3:00 pm	6-9 year old kid's race begins
4:00 pm	Food & awards

### RACE DISTANCES:

Adult: 500 yd swim in Chugiak pool; 20K bike; 5K run  
Kids 10-12 years old: 100 yd swim; 4 mile bike; 1 mile run  
Kids 6-9 years old: 50 yd swim; 4 mile bike; 1/2 mile run

### ENTRY FEES & DEADLINES (space is limited):

#### Individual Fees and Deadlines

\$85.00 - March 1 - March 31, 2010  
\$95.00 - April 1 - April 30, 2010  
\$105.00 - May 1 - May 31, 2010  
\$135.00 - June 1 - June 4, 2010 (if there are any slots available)  
\$10.00 off for USAT members  
\$5.00 off for Alaska Tri members

#### Teams Fees and Deadlines

\$100.00 - March 1 - March 31, 2010  
\$120.00 - April 1 - April 30, 2010  
\$140.00 - May 1 - May 31, 2010  
\$160.00 - June 1 - June 4, 2010 (if space is available)  
No USAT or AK Tri Club discounts in this category

#### Kids Fees and Deadlines

\$15.00 - March 1 - April 30, 2010  
\$25.00 - May 1 - May 31, 2010  
\$25.00 - June 1 - June 4, 2010 (if slots still available)  
No USAT or AK Tri Club discounts in this category

### SEEDING

If you would like to be considered for seeding in the top 12 male and top 12 female positions you MUST be registered by May 1, 2010.

**MEN WILL GO FIRST THIS YEAR!**

**SEE REFUND POLICY ON THE OTHER SIDE OF THIS FORM.**

# INFORMATION & RULES

WELCOME to the 2010 Eagle River Triathlon! In order to ensure everyone has a fun, safe experience, we need your cooperation by following the enclosed rules. PLEASE READ THESE RULES BEFORE STARTING THE EVENT!

## General Information

- RACE STARTS AT 8:00 A.M. There will be 12 swimmers in the pool at a time. The average time for a swim is approximately 11 minutes. Your start time can be roughly calculated by estimating that 12 swimmers will go through the pool every 11 minutes (about 60 per hour).
- Top 12 seeded men will go out first this year. Once all 12 are out of the pool, the top 12 seeded women will go next. Rotation of all other athletes in the pool will start as each of the top seeded men exit the pool. The first 12 men and 12 women were seeded based on prior years' results. Remaining racers were seeded at the Race Directors' discretion, with preference/priority going to volunteers and parents with kids registered in the kids event. If you have any questions or concerns you may contact Missy Anderson at [mis-sya@alaska.com](mailto:mis-sya@alaska.com). Emails will be limited as race time draws near. Teams will follow the last solo adult. You should be ready to go at least 1 hour before your estimated start time.
- VOLUNTEERS! Please contact Lyn at [lyn.thes411@gmail.com](mailto:lyn.thes411@gmail.com) or Yvette at [Tousignant\\_Yvette@asdk12.org](mailto:Tousignant_Yvette@asdk12.org). To volunteer after your race, go to the Volunteer Tent near the transition area. (Early seeding for volunteers.)
- Please leave pets at home.
- Label all of your gear with your race number.
- We will have an awards banquet with food after the event near the finish area if it is nice, or in the school cafeteria if the weather is bad.

## Parking

Parking is limited. You will be able to get in and out of the general parking areas, but PLEASE BE CAREFUL OF RACERS! Overflow parking is at Birchwood Elementary School, an easy walk just down the road. If you are volunteering, or plan to stay all day, there are some parking spots available next to the fence along the ball field. Once there, you will not be able to leave until after 4:00 PM.

## General Rules

- This is a USAT-sanctioned event. All USAT rules apply. Visit [www.usatriathlon.org](http://www.usatriathlon.org). This event is sponsored by USA Triathlon, and participants must either be a member of USAT or purchase a one-day race license — calculated in registration fee.
- No bike handlers permitted.
- Adult participants (13+) shall not accept assistance of any kind (such as food, drink, equipment or pacing) from any person except a race official.
- Adult participants must display their race number at all times. Racers are responsible for making sure the timers are aware of their number. Solo rac-

ers have different colored numbers than teams.

- It is YOUR RESPONSIBILITY to know the course and transition areas. Review the maps.
- No headphones allowed.

## Transition Area

- THERE ARE NO ASSIGNED SPACES IN THE TRANSITION AREA! You are responsible for providing your own bike stand. There will be ten 10' bike racks provided in the transition area. Each rack can hold 8 bikes. These are available on a first-come first-served basis, BUT THERE WILL NOT BE ENOUGH RACK SPACE FOR ALL BIKES! Bring your own stand. Solo racers must return their bike to the same spot before starting the run.
- You may not mount your bike in the transition area.
- Please remove your bike and gear from the transition area as soon as possible after you finish.
- Only racers with a number will be allowed in the transition area, with the exception of the kid's race.
- RELAY TEAMS ONLY: Swimmer must tag biker at bike mounting area, and biker must tag runner at bike dismounting area. If one person does two events, the person must follow all the transition rules as if you were a solo.

## Swim Rules

- When your number is nearing time to start, line up in the pool area near the diving boards to wait for an available lane. Your number will be drawn on your arm and leg before you get in line. A volunteer will direct you to an available lane to start your race.
- A lap counter will be provided for each swimmer, but you are ultimately responsible for knowing how many laps you have swam! Lap counters will indicate when you are on your last lap, but they can make mistakes.
- Only two swimmers per lane at any time.
- No flotation devices, fins, paddles, or other propulsion devices of any kind, except during the kid's race. USAT rules allow goggles, face masks, and snorkels.
- No walking along the bottom or pulling along lane dividers.
- Life Guards will be on site.
- Emergency medical personal will be available and on site.

## Bike Rules

- OBEY ALL TRAFFIC LAWS! This is not a closed course. You will be sharing the road with traffic. Ride smart and pay attention!
- You must wear an ANSI or SNELL approved helmet (with chin strap buckled) whenever you are on a bike, even during warm-up.
- You are responsible for knowing the bike course. We will try to mark any potentially confusing intersections with white arrows.
- STAY AS FAR TO THE RIGHT AS PRACTICAL.
- YOU MUST OBEY THE VOLUNTEERS' DIRECTIONS OR RISK DQ!

- No drafting. You must stay at least 30 feet behind the bike in front of you. When passing, move to the left when you get within 30' and pass safely.
- No riding 2 abreast except during the kids race.
- You are responsible for ensuring your bike is in safe mechanical condition.

## Running Rules

- All adult (13+) participants must run or walk the entire course. The course will be marked with arrows and there will be volunteers to help direct you.
- Make sure your bib number is visible to the timers when you finish. Wear your bib on the front.

## Kid's race

The kid's race will start about 30 minutes after the last adult has exited the pool. 10-12 year old kids will go first, followed by the 6-9 year olds. The kid's race is not timed. We want all kids to experience and enjoy the event in a relaxed and safe manner. The 10-12 year old kids will swim two laps, bike 4 miles, and run 1 mile. 6-9 year old kids will swim one lap, bike 4 miles, and run 1/2 mile. Check the maps for the bike and run courses. Kids may accept assistance from parents and other helpers to ensure the kids are safe, follow the right course, and have a good time. ALL PARENTS WHO RIDE A BIKE WITH THEIR KIDS MUST WEAR A HELMET. ALL KIDS AND PARENTS MUST STAY TO THE RIGHT OF THE WHITE LINE. AVOID RIDING TWO ABREAST WHEN POSSIBLE. NO TRAINING WHEELS ALLOWED—No Exceptions.

## Race Results

We will do our best to have complete and accurate race results available on our web site, [www.eaglerivertri.com](http://www.eaglerivertri.com), as soon as possible. Please report any questions or possible errors to the Race Directors. The final results will be posted no later than 2 weeks after the event.

## Refund Policy

**THERE WILL BE NO REFUNDS ONCE A REGISTRATION HAS BEEN PROCESSED. NO EXCEPTIONS.** Planning and developing an athletic event that ensures adequate support and supplies for participants is difficult. We rely on the registration information to provide us with an accurate participant count. Because this is vital to the success of our events, there will be no refunds once a registration has been processed.

This event is brought to you by the Eagle River Triathlon, Inc., a 501(c)(3) non-profit corporation organized under Alaska law. Proceeds from this event will go toward expenses and other 501(c)(3) charities selected by the Board of Directors. This event is made possible by you and our sponsors. Please thank our sponsors. Donations are accepted and tax deductible in accordance with IRS rules and regulations.

## Contact Information:

P.O. Box 243743

Anchorage, AK 99524

[www.eaglerivertri.com](http://www.eaglerivertri.com)

RACE DIRECTORS:

Missy Anderson [mis-sya@alaska.com](mailto:mis-sya@alaska.com) 349-4008

Shareen Crosby [shareen@crosbysmiles.com](mailto:shareen@crosbysmiles.com) 317-8811