

# Cache Valley Duathlon

*Sponsored by Mountain Crest High School Swim Team*

## *2010 Registration Form*

### **REGISTRATION:**

Download registration form at - [cvmarlins.com](http://cvmarlins.com)

If you are mailing your registration, please mail (postmarked) by Sept. 10<sup>th</sup>, or hand deliver by Sept 20<sup>th</sup>, to:

Mountain Crest Pool

**or to:** Yolanda Bates

c/o Yolanda

40 South 300 East

255 South 800 East

Logan, Utah 84321

Hyrum, Utah 84319

[yolbates1977@gmail.com](mailto:yolbates1977@gmail.com)

Day-of Registration is allowed, day-of cost is: \$30.<sup>00</sup>-Person, \$45.<sup>00</sup>-2 Person Team, \$60.<sup>00</sup>-3 Person Team

### **RACE LOCATION:**

Mountain Crest High School • 255 South 800 East • Hyrum, Utah 84319

### **START TIME:**

**Saturday, September 25<sup>th</sup>, 2010, Check-in - 8:00 - 9:00AM, Start - 9:15AM**

### **COURSE:**

2 Mile Run, 12 Mile Bike, 2 Mile Run (Helmet **REQUIRED** for Bike segment)

### **CATEGORIES:**

**Individual:** Male, Female, 19 and under, 20-39, 40-55, 55 and over

**Team:** **Male** – Age 19-Under, 20-Up, **Female** – Age 19-Under, 20-Up,

**Combined** – Age 19-Under, 20-Up

### **AWARDS:**

1<sup>st</sup> to 5<sup>th</sup> in each category. Awarded by age - (19 & under, then by 5 years., 20-25, 26-30, etc)

### **COST:**

\$25.<sup>00</sup>-Per Person, \$40.<sup>00</sup>-2 Person Team, \$55.<sup>00</sup>-3 Person Team

*- All proceeds go to the Mountain Crest High School Swim Team -*

*T-Shirts to all Pre-registered Participants!*

**YOU MUST SIGN THE WAIVER ON THE NEXT PAGE**

# Cache Valley Duathlon - 2010

- Individual Male   
  Individual Female   
  Male Team   
  Female Team   
  Combined Team  
 19 - Under   
  20 - Up   
  19 - Under   
  20 - Up   
  19 - Under   
  20 - Up

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

<b>T-SHIRT SIZE &amp; QUANTITY</b>	<input type="radio"/> Youth Lrg Qty. _____
	<input type="radio"/> Small Qty. _____
	<input type="radio"/> Medium Qty. _____
	<input type="radio"/> Large Qty. _____
	<input type="radio"/> X-Large Qty. _____
	<input type="radio"/> 2X-Large Qty. _____

<b>FEE'S</b>	Individual Entry \$25.(\$30.) _____
	2 Person Team \$40.(\$45.) _____
	3 Person Team \$55.(\$60.) _____
	Total _____
	<b>Make Check Payable to: Mountain Crest High School</b>

**PLEASE READ WAIVER CAREFULLY BEFORE SIGNING ACKNOWLEDGMENT**

I acknowledge that a duathlon event is an extreme test of a persons physical and mental limits and carries with it the potential for death, serious injury and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN A DUATHLON EVENT. I certify that I am physically fit and have sufficiently trained for participation in this event. I also certify that I have not been advised against participation by a qualified health professional.

In consideration for allowing me to participate in this event, I hereby take the following action for myself, my executors, administrators, heirs next of kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I expressly acknowledge that it is my intent to take these actions: (a) I AGREE that prior to participating in this event I will inspect the race course, facilities, equipment and areas to be used and if I believe any are unsafe I will immediately advise the person supervising the event area; (b) I WAIVE, RELEASE, AND DISCHARGE from any and all claims, losses or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damage of any kind, including economic losses, which may arise out of my current or future participation in or in my traveling to and from this event, THE FOLLOWING PERSONS OR ENTITIES: EVENT SPONSORS, RACE DIRECTORS, EVENT PRODUCERS, VOLUNTEERS, ALL STATES, COUNTIES, OR LOCALITIES IN WHICH THE THE EVENT OR SEGMENTS OF THE EVENT ARE HELD, AND THE OFFICERS, DIRECTORS, EMPLOYEES, REPRESENTATIVES AND AGENTS OF ANY OF THE ABOVE, EVEN IF SUCH CLAIMS, LOSSES, OR LIABILITIES ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF THE PERSONS I AM HEREBY RELEASING OR ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF ANY OTHER PERSON OR ENTITY; (C) I ACKNOWLEDGE that there may be traffic or persons on the course route, and I ASSUME THE RISK OF RUNNING, BIKING, OR PARTICIPATING ON SAID ROUTE. I ALSO ASSUME ANY AND ALL OTHER RISKS associated with participation in this event including but not limited to falls, contact and/or effects with other participants, effects of weather including heat and/or humidity, defective equipment, the condition of the roads, water hazards, and any hazard that may be posed by spectators or volunteers. All such risks being known and appreciated by me, and I further acknowledge that these risks include risks that may be the result of the negligence of the persons or entities mentioned above in paragraph (b) or of any other persons or entities. I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims, losses, or liabilities that I have waived, released or discharged herein. I INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned above from any and all claims made or liabilities assessed against them as a result of (i) my action or inactions, (ii) the actions, inactions or negligence of others including those parties hereby indemnified; (iii) the conditions of the facilities, equipment, or areas where the event is being conducted; or (iv) the Competitive Rules. I ASSUME ANY AND ALL OTHER RISKS ASSOCIATED WITH PARTICIPATION IN THIS DUATHLON.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER. I HAVE READ THIS DOCUMENT AND UNDERSTAND ITS CONTENTS. IF I AM NOT EIGHTEEN (18) YEARS OF AGE OR OLDER MY PARENTS NAME AND SIGNATURE IS INCLUDED BELOW.

PRINT NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PRINT NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_