

# 2008 Tinman Triathlon #463301

## Triathlon Event General Waiver & Release - Important Information

The Deerfield Park District is committed to conducting recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Deerfield Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants safety. However, participants and parents/guardians of minors registering for this activity must recognize that there is an inherent risk of injury when choosing to participate in a triathlon. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way, or has recently suffered an illness, injury, or impairment, to consult a physician before undertaking any physical activity, especially strenuous physical activity. You are also solely responsible for selecting and wearing personal protective equipment. Please recognize that roadways are maintained and intended primarily for vehicular use and not pedestrian or bicycle use. Therefore, surface irregularities and other hazards that do not pose safety risks to vehicles, may very well pose risks to road race participants. Prior to the race, all participants should familiarize themselves with the race route, paying close attention to surface irregularities and any potential hazard. Participants should also familiarize themselves with traffic patterns, check points, and all first aid and water stations. *Most important, remember that this is a voluntary recreational activity. Never compromise your safety in the name of competition.*

### Warning of Risk

Triathlons are intended to challenge and engage the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury. Understandably, not all hazards and dangers can be foreseen. The very nature of cycling is hazardous and risky, including but not limited to making improper turns, failing to yield the right of way, failing to wear a suitable helmet or defective helmet, using an ill-fitting or defective bicycle, failing to use reflective material on clothing, poor knowledge and observance of traffic rules and regulations, failing to stop at all signed intersections, collisions with motor vehicles, other bicyclists or pedestrians, dangerous or defective road surfaces, weather hazards, losing one's balance and falling, lack of good physical conditioning, poor training technique, inadequate instruction, and all other risks inherent to the sport of cycling. Similarly, the very nature of distance running is hazardous and risky, including but not limited to overexertion, dehydration, slip and falls, collisions with other participants, the effects of weather, dangerous surface conditions, being struck by a vehicle or bicycle, lack of good physical conditioning, poor training technique, and all other risks inherent to the sport of running. And the very nature of swimming is hazardous and risky, including but not limited to fatigue and overexertion, poor swimming skills, failing to avoid dangerous areas, striking the bottom or side of the pool, poor supervision or instruction, lack of conditioning, becoming disoriented, striking other swimmers, defective or inadequate equipment, striking one's head on the bottom when using a diving block, slipping or falling, chemical exposure, striking natural or artificial submerged objects, drowning, and all other risks inherent to the sport of swimming. In this regard, it must be recognized that it is impossible for the Deerfield Park District to guarantee absolute safety.

### Waiver & Release of all Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in this triathlon, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this triathlon. I recognize and acknowledge that there are certain risks of physical injury to participants in this triathlon, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this triathlon. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this triathlon against the Deerfield Park District, including their respective officials, agents, volunteers, and employees (herein after collectively referred to as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this triathlon. I further agree that this agreement shall be governed by the State of Illinois. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Signature required \_\_\_\_\_ Date \_\_\_\_\_  
(If under 18, a parent/guardian must sign)

Participant's Name \_\_\_\_\_ Sex \_\_\_\_\_ Age on race day \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Daytime phone \_\_\_\_\_ Email \_\_\_\_\_

Estimated 300 meter swim time: \_\_\_\_min \_\_\_\_sec T-shirt size (circle one): S M L XL XXL

Check here if you were in the 2005, 2006, or 2007 Tinman and would like us to seed you according to your recorded swim split \_\_\_\_\_

Fees: Early Registration \$30 Res. / \$35 Non-Res. (by June 11) Walk-in Registration \$35 Res. / \$40 Non-Res.

Amount Paid: \$ \_\_\_\_\_ Payment (circle one): Cash Check Charge

Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_ Mastercard \_\_\_\_ Visa \_\_\_\_ Discover Signature \_\_\_\_\_

Make check payable to Deerfield Park District. Registration fees are nonrefundable and nontransferable.