



REGISTRATION FORM



7th Annual Cayuga Lake Triathlon - Sunday, August 2, 2009
Taughannock Falls State Park, NYS Rte. 89, Trumansburg, New York

8:00 AM - INTERMEDIATE: 1.5K swim, 40K bike, 10K run (capped at 327 Individuals; 24 Relay Teams)

8:45 AM - SPRINT: 750 meter swim, 14 mile bike, 5K run (capped at 327 Individuals; 24 Relay Teams)

9:45AM - YOUTH (11-14 Years old ONLY): 200 meter swim, 9 mile bike, 1.5 mile run (capped at 18)

Visit our website (www.IthacaTriathlonClub.org) for on-line registration, race details, maps, accommodations, attractions, etc.

All athletes must be either an annual USA Triathlon (USAT) member or purchase a one day USA Triathlon membership

INDIVIDUAL COMPETITORS - REGISTRATION FEES:

SPRINT: \$60 before Mar 1, \$65 Mar 1 to May 31, \$70 as of June 1

INTERMEDIATE: \$75 before Mar 1, \$80 Mar 1 to May 31, \$85 as of June 1

YOUTH: \$20

18 and older: **Add \$10** if you are not a USAT member

17 or younger: **Add \$5** if you are not a USAT member

RELAY TEAMS - REGISTRATION FEES (2 or 3 Person Teams):

SPRINT: \$90 before Mar 1, \$100 Mar 1 to May 31, \$110 as of June 1

INTERMEDIATE: \$110 before Mar 1, \$120 Mar 1 to May 31, \$130 as of June 1

18 and older: **Add \$10** for each teammate that is not a USAT member

17 or younger: **Add \$5** for each teammate that is not a USAT member

Make checks payable to: Ithaca Triathlon Club, Inc. and Mail to: Ithaca Triathlon Club, Inc., P.O. Box 4613, Ithaca, NY 14852

LAST NAME

FIRST NAME

M.I.

NUMBER AND STREET

TOWN/CITY

STATE/PROV

ZIP/POSTCODE

BIB # _____

GENDER

AGE on 12/31/09

DATE OF BIRTH (MM/DD/YY)

USAT#

S

M

L

XL

XXL

Technical T-SHIRT SIZE: (Mens and Womens sizes)

PHONE NUMBER _____

E-MAIL ADDRESS _____

EMERGENCY CONTACT: NAME _____ PHONE # _____

RACE DISTANCE: SPRINT OR INTERMEDIATE OR YOUTH

INDIVIDUAL OR RELAY TEAM RELAY TEAM LEG(S): SWIM BIKE RUN

RELAY TEAM NAME (MANDATORY): _____

How did you learn about this race? _____ Triathlon Club Affiliation: _____

MEDICAL EXPLANATION – MUST BE COMPLETED & SIGNED BY ALL ATHLETES

I certify that I am in good physical health and have no limitations other than those I have listed below, which may predispose me to risk during this race. I understand that I am providing this information solely to assist in rendering care to me in an emergency situation and for no other reason. (Note - this information will be reviewed by our Medical Director and he may contact you as he deems necessary. Thanks).

Statement of current medications / exceptions - please list:

PRINT NAME: _____ SIGNATURE: _____

DATE: _____

PARENT OR LEGAL GUARDIAN FOR PERSONS UNDER EIGHTEEN (18) YEARS OF AGE (MUST BE PRESENT AT REGISTRATION):

Name of Parent/Legal Guardian: _____

Signature of Parent/Legal Guardian: _____ Date: _____

NOTE: MUST COMPLETE AND SIGN USA TRIATHLON WAIVER ON PAGE 2

Cayuga Lake Triathlon Staff use only:

Date Reg. Rec'd: _____ Amount: _____ Cash: _____ Check #: _____ Initials: _____

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 participant is under the age of 18): _____

DATE: _____