



Apple Duathlon
Saturday, May 29th, 2010 8:30AM
Sartell, MN
USA

CATEGORY and FEE

Please choose the appropriate category option(s) that apply to you.
(Registration available online @ active.com)

Apple Duathlon
\$55.00

\$75.00 after 5-1

Individual Prices: 5km Run, 33km Bike, 5km Run

Relay Team: Apple Duathlon*

- Male 2 Person Relay Team
 Female 2 Person Relay Team
 Mixed 2 Person Relay Team

Team Prices:

5km Run, 33km Bike, 5km Run

\$65.00 \$79.00 after 5-1
\$65.00 \$79.00 after 5-1
\$65.00 \$79.00 after 5-1

*Please include one entry form for each team member and circle the leg in box below for each member.
EACH team member will be required to hold a valid USAT license on race day or pay **\$10** per team member for insurance.

USA TRIATHLON SANCTIONED EVENT

All participants must either be an annual member of USAT, or purchase a single event permit for **\$10** which is NOT included in the race fee. You can sign up for an Annual Membership online at the website www.usatriathlon.org. Memberships run from date of purchase and expire in 12 months. Annual Members of USA Triathlon with a valid membership card **do not** have to purchase the single event permit. All participants must sign the waiver and follow the USAT rules.

I am an Annual Member of USA Triathlon, my membership number is: _____
exp _____.

I am not an Annual Member, I am including \$10 for a day of event permit (insurance coverage).

Name: _____ **Email:** _____

DOB _____ **Age on 12/31/10** _____ **Gender** M / F
(mm/dd/yy)

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

For teams indicate which leg you will participate in

Run Bike Run

Total Fee

included: \$ _____ **Make checks to:** Apple Events T-Shirt Size: _____

Mail entry form to: Apple Duathlon
PO Box 22
Sartell, MN 56377

For more information on this event please visit our website at www.appleduathlon.com or email your question to info@appleduathlon.com.

[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.

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.

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.

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.

(Athlete or Participant)

Print Name: _____ **Signature:** _____ **Date:** _____

Age: _____ **Date of Birth:** _____

(Parent or Legal Guardian for Persons under Eighteen (18) Years of Age)

Name of Guardian: _____ **Signature:** _____ **Date:** _____

Relationship to Minor: _____