

ACCIDENT WAIVER AND RELEASE OF LIABILITY

I sign this waiver voluntarily. I agree that this release binds my heirs, family, assignees, administrators, and executors. Further, I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disabilities, personal injury, property damage, property theft or actions of any kind which might accrue to me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: The Decatur Jaycees, Inc., Morgan County Big Brothers/Big Sisters, any sponsors, and the directors, officers, employees, volunteers, representatives, and agents of the above parties, the event holders, event sponsors, event volunteers, and any employee or agent of the City of Decatur; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releases or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns.

The Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and I understand its content.

PRINT PARTICIPANT'S NAME

AGE

Signature (if under 18, parent or guardian must sign)

DATE

PARENT GUARDIAN WAIVER FOR MINORS (under 18 years old)

The undersigned parent and natural Guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim, or damages whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and parents or legal guardian.

SIGNATURE OF PARENT OR GUARDIAN

DATE

**Decatur Convention & Visitors
Bureau**

Wolverine Credit Union

1st Place Athletics

The Decatur Jaycees

CB&S Bank

Pepsi Cola

Decatur Parks & Recreation

Morgan County Rescue Squad

Point Mallard Water Park

Big Brothers Big Sisters

River City Best Western

Holiday Inn

Microtel Inn and Suite

Eleventh Annual



**Big Brothers Big Sisters
Decatur Jaycees
WET DOG TRIATHLON**

400 meter swim / 15K bike / 5K run

July 17, 2010

Point Mallard Park – Decatur, Alabama

Feel like a Wet Dog at 7:00 a.m., with Awards to follow

Email: wetdog@bbbsmcal.org or **Call:** (256) 353-0157
Register on-line at: www.active.com, keyword "wet dog"



JULY 17, 2010 AT 7:00 A.M. (Central)

The Decatur Jaycees and Big Brothers Big Sisters invite you to participate in the 11th Annual Wet Dog Triathlon at 7:00 a.m. on July 17, 2010 at Point Mallard Park in Decatur, AL. This race is an excellent first time event. The course is relatively flat and fast with a run along the banks of the Tennessee River.

The proceeds will benefit Big Brothers Big Sisters, a local charity providing guidance and support for the youth in the Morgan, Winston, Cullman, and Lawrence County areas.

SCHEDULE OF EVENTS

Friday, July 16, 2010

4:00 p.m. – 7:00 p.m. Registration and packet pickup at Point Mallard Ice Complex, Point Mallard Park, Decatur, AL. Special event lodging rates have been secured with the Decatur Morgan County Visitors Bureau. Please call them directly at 1-800-524-6181.

Saturday, July 17, 2010

5:30 a.m. – 6:30 a.m. Packet pickup at Point Mallard Ice Complex, Point Mallard Park.

ABSOLUTELY NO RACE DAY REGISTRATION.

REGISTRATION

Register by mail or online at www.active.com, keyword "wet dog". Entrants under the age of 15 must be approved by the Race Director before race day (Leah Brown 256-353-0157).

COST	Before July 4, 2010	After July 4, 2010
Individuals	\$40	\$60
Teams	\$100	\$125
Families* (3 or more members)	\$30 each member	\$50 each member

*Note: Family entry forms must be submitted together and relationship noted.

RULES

- Drafting or pack riding is NOT ALLOWED. Enforcement is by course marshals and the honor system. Drafters will be disqualified and humiliated.
- Assistance is NOT ALLOWED along the course or in the transition area. A sag wagon will be provided if necessary.
- ANSI and/or Snell approved helmets are required. The helmets must be buckled on before mounting the bike and must remain buckled until after dismounting the bike.
- Race numbers must be displayed as instructed at the registration desk. If you cross the finish line without the proper markings, you will be disqualified.
- There will be a mounting area. All competitors must walk their bike from the transition area to the mounting area. All helmets must be buckled before mounting the bike. Upon returning to the mounting area, the biker must dismount their bike in the mounting area. Helmets must remain buckled until after the dismount. Failure to abide by these rules may result in disqualification.
- **Bicycle racks will be on a first come, first served basis. 400 are available.**

NOTES FOR BEGINNERS

- Have your bike tuned up before the race. There will be a sweeper to bring the abandoned to the transition site, but there is no technical support.
- No provision is made for repairs or for bike failures.
- Wear good running shoes.
- Expect over an hour to complete the event at a comfortable pace.
- Hydrate during the race with water or a sports drink, especially during the bike leg.
- Eat some food, such as an energy bar, banana, energy gel, cookie,...
- Enjoy the day and the chance to test yourself.

AWARDS

Awards will be presented to the top 3 overall male and female participants. Awards will be presented to the top male, female, and co-ed relay teams. Age group awards will go to the top 3 male and female in age groups 1–14, 15–19, 20–24, 25–29, 30–34, 35–39, 40–44, 45–49, 50–54, 55–59, 60–64, 65–69, and 70+. Awards will also be presented in the Clydesdale (men over 200 lbs.), Athena (women over 140 lbs.) and Masters (over 45 years). **NO DUPLICATE AWARDS.**

COURSE DESCRIPTION

SWIM: 0.4 K The course will involve swimming to and from a buoy in a tributary of the Tennessee River. A swimmer will begin the race every 3–5 seconds to alleviate congestion.

BIKE: 15K The course is an out and back from the Aquatic Center to Rhodes Ferry Park (next to the bridge for Hwy. 31) on the River. It is primarily flat. Although the police will be on hand, the roads will not be closed. USE CAUTION. Do not disregard traffic laws unless a course marshal or police officer directs you to do so. This direction may involve stop signs at several locations.

RUN: 5K The course will begin along the Point Mallard running trail and return on the asphalt road along the golf course.

DIRECTIONS

To reach Point Mallard Park, travel west on I-565 from Huntsville. Continue from the conclusion of I-565 (at the intersection of I-65) upon Alternate Highway 72 west to Decatur. After Alternate 72 merges with US 31 South, continue South and cross the Tennessee River into Decatur. Upon crossing the Tennessee River, turn left onto Church Street. This will be a 4 lane road. Continue upon this 4 lane road as it changes names to 19th Avenue and then to Point Mallard Drive. Point Mallard Drive will conclude at a stop sign. Turn right at the stop sign onto Point Mallard Circle. Continue for roughly one mile to the Aquatic Center. Parking will be past the Aquatic Center at the mini-golf course and other available parking lots. Do not park on Point Mallard Circle.

FOR MORE INFORMATION

Websites: www.bbbsmcal.org, www.decaturnjaycees.com or www.active.com, keyword "wet dog"

Race Director: Leah Brown (256) 353-0157

Email: wetdog@bbbsmcal.org

Because this is a charity event with proceeds benefiting Big Brothers Big Sisters

No Refunds will be given on Registrations.

WET DOG TRIATHLON, ENTRY FORM

Complete and mail with signed insurance waiver and check to Big Brothers/Big Sisters of Morgan County, P.O. Box 2171, Decatur, AL 35602, or Register On-line at: www.active.com, keyword "wet dog."

CIRCLE ONE: TEAM INDIVIDUAL FAMILY

LAST NAME, FIRST NAME, MIDDLE INITIAL, or TEAM NAME

STREET ADDRESS

CITY, STATE, ZIP CODE

DATE OF BIRTH

AGE (race day) SEX

TIME EXPECTED TO FINISH SWIM

EVENING PHONE / DAY PHONE

E-MAIL

EMERGENCY CONTACT & PHONE

PLEASE CIRCLE T-SHIRT SIZE: S M L XL XXL
(Size is not guaranteed – however we will do our best to provide you with the size requested.)

IMPORTANT: INCOMPLETE OR UNSIGNED ENTRY FORMS AND INSURANCE WAIVERS WILL NOT BE ACCEPTED!

A signed insurance waiver form must also accompany each entry. Print, sign and mail an insurance waiver if entering on-line. If entry form received after June 30, starting order based on expected swim time is not guaranteed.

CHECK IF
FIRST TIME
TRIATHLON:

Circle one if
applicable:

CLYDESDALE
(Men over 200 lbs.)

ATHENA
(Women over 140)