

FAIRVIEW LAKE DAY TRIATHLON

AUGUST 20, 2011

The Course:

- **Swim:** Starting at the Oneka Boat dock and heading out across the cove to the right of camp, around a buoy and back to Oneka.
- **Canoe/Boat:** Starting at the Oneka Boat dock and heading out towards the Section 6 dock (to the left of the camp as you look out onto Fairview Lake), around a buoy and back to Oneka.
- **Run:** Approx 1.5 Miles. Starting at the "boards" area in front of the Oneka Boat House heading out through the main road of camp (back exit – not through the main gate, less than 50 feet of the run will be on 390) and then runners will go to the end of South Fairview Road- around a cone or marker and back to Camp Oneka where the finish line will be setup on the field.

The run route will be marked and there will be a water station setup at the Gumbletown Rd end of South Fairview Rd.

Rules and other information:

There will be three categories of competitors.

1. Individual
2. Friends Team (2 – 4 competitors on the team)
3. Family Team. (2 – 4 competitors on the team, all must be related)

The race will start with the swim and be started in three waves, one for each category.

Wave 1: Individuals,

Wave 2: Friends Teams (starts 5 mins after wave 1)

Wave 3: Family Teams (starts 5 mins after wave 2)

The team "boat" leg will be an "in water" start from the right side of the Oneka H dock

Team swimmers will exit the water and walk to tag or join their waiting boat; the individual "boat" leg will be from shore on the left side of the Oneka H dock.

All swimmers will exit to the left (looking from the lake) of where the individuals will enter their "boats", so that we can avoid any interference between boats and swimmers.

The transition area will be set up on the "boards" in front of the Oneka Boat House (as it was last year). Both individuals and teams will be able to setup their gear for the boating and running legs.

Runners will exit the "boards" area in front of the Oneka Boat House and run up the steps to the right of the Boat House and continue as directed to S. Fairview Road.

Awards!

- Top 3 Individuals--with special recognition of youngest and oldest competitors.
- Top 3 Friends Teams (2 – 4 competitors on the team)
- Top 3 Family Teams (2 – 4 competitors on the team, all must be related)
- Special recognition of oldest and youngest team participant (regardless of team category)

TO ALL PARTICIPANTS

Assembly Time

All Triathlon participants should be at Camp Oneka NO LATER than 1:00 on Saturday. There will be a MANDATORY pre-race meeting at 1:15 with wave 1 of the race starting promptly at 1:30

Registration

ALL PARTICIPANTS/TEAMS **MUST** BE REGISTERED **PRIOR** TO THE RACE. EACH INDIVIDUAL PARTICIPANT MUST BE SPECIFICALLY IDENTIFIED.

Please email completed registration forms to Becky Dohner at beckdog88@hotmail.com or drop the completed registration forms off at Camp Oneka.

ALL PARTICIPANTS MUST BE REGISTERED BY 1PM ON SATURDAY.

Registration:

ALL PARTICIPANTS/TEAMS **MUST** BE REGISTERED **PRIOR** TO THE RACE. EACH INDIVIDUAL PARTICIPANT MUST BE SPECIFICALLY IDENTIFIED.

There is no fee to register or participate in the Triathlon.

Each participant must complete and submit a registration form (see next page). Forms may be submitted:

- Via email to Becky Dohner (beckdog88@hotmail.com)
- By dropping off in advance at Camp Oneka- (attn Barb/ Dale Dohner)
- Brought to the event.

Please NOTE:

- **All Adult competitors must sign their own form (one adult may not sign on behalf of another adult participant).**
- **Any minors participating must have a parent/legal guardian sign their form.**

Fairview Lake Triathlon Registration Form and Waiver

WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE FAIRVIEW LAKE ASSOCIATION, CAMP ONEKA, 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.

IN CONSIDERATION of FAIRVIEW LAKE ASSOCIATION (FLA) allowing me to participate in Fairview Lake Day activities including but not limited to the triathlon, boating races or other events (the Event or Events) 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, boating, 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. 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: FLA, Camp Oneka, 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.

Competition Category (check only one) Individual Friends Team Family Team

Team Name (Optional) _____

Participant 1 Name _____ Sign _____ Date: _____ Minor? Y N

Participant 2 Name _____ Sign _____ Date: _____ Minor? Y N

Participant 3 Name _____ Sign _____ Date: _____ Minor? Y N

Participant 4 Name _____ Sign _____ Date: _____ Minor? Y N

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.

Name _____ Sign _____ Date: _____