

25<sup>th</sup> Annual  
**Coldwater Mini Triathlon**  
*300 yd swim, 6 mi bike, 3 mi run*  
**Saturday August 29, 2009 - 9:00 AM**

Timing by Mac's Sportstiming – Faster, More Accurate Results!

**LOCATION /COURSE**

Start & finish at Coldwater Lake Marina – 676 Lake Drive, Coldwater, MI.  
Take exit 3 (I-69), go east on Copeland Rd 3 mi. to Quimby Rd. Turn left. Go North to Y in road, take left fork (Lake Dr.) follow around Lake to Coldwater Lake Marina (2 mi.)

Bike & Run course is relatively flat, paved road along beautiful Coldwater Lake, patrolled but open to vehicle traffic.  
Swim course in lake is 0 – 6 feet deep with a sandy bottom.

**REGISTRATION/ENTRY/FEES**

REGISTER ONLINE @ [ACTIVE.COM](http://ACTIVE.COM) or [SNAPREGISTRATION.COM](http://SNAPREGISTRATION.COM) or download pgs. 2 & 3 and mail.

**Field limited to 150 entries – singles & teams. Register promptly, field usually filled by early registration cutoff.**

**Early registration:** Ends August 19, 2009. **\$15.00 late fee for each entry received/accepted after this date.**

All early entrants will receive a quality multicolor T-shirt. Shirts subject to availability for late & race day entrants.

**Late Entries:** Accepted on a 1<sup>st</sup> come basis for openings resulting from no shows after 8:30 am on race day.

**Race Entry Transfers:** May be made only by notifying Race Director before Aug. 19<sup>th</sup> 2009, not permitted after that date.

**Race day registration** and packet pick-up from 7:00 am to 8:30 am.

**All entrants must submit signed entry form, incomplete entries returned.**

**ALL ENTRANTS MUST PRESENT PHOTO ID AT REGISTRATION**

**All Youth (under 18 yrs) Must be Annual member of USAT** Cost is \$5.00. Contact Bob 517-279-9038

**Single Events:** Non USAT members \$45.00 USAT members \$35.00(Member # required)

**Age Groups:** 7-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+  
**Age = Age on December 31 this year, not age on race day.**

**Team Events:** Non USAT members \$40.00(each) USAT members \$30.00(each)(Member # required)

**Age Groups:** (combined age) 16-40, 41-70, 71+, Teams are two (2) people, Team classes are Male, Female or Co-ed.  
**Team members must submit their entry forms at the same time.**

**REQUIREMENTS**

Bike Helmets **REQUIRED**, are furnished by entrant and **must be approved @ bike inspection.**  
Swim caps **REQUIRED** and are **included** in race pack. **USAT rules are in effect.** No drafting on bike course.

**AWARDS**

**First overall** male and female finishers. **First 3 finishers** in each age group. **First 3 finishers** in each team class.

**Results:** announced after race, posted on Web Site/e-mailed upon request. Post Race – refreshments/raffle.

**Proceeds:** distributed to selected community projects & activities.

**INFORMATION/CONTACT:** Bob Huntley (517) 279-9038 e-mail: [OnTheRun@cbpu.com](mailto:OnTheRun@cbpu.com) fax: (517) 278-5085  
**MAKE CHECKS PAYABLE TO:** COLDWATER ON THE RUN 344 HULL ST. COLDWATER, MI 49036

**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.**



**2007 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: \_\_\_\_\_

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**INFORMATION/CONTACT:** Bob Huntley (517) 279-9038 e-mail: [OnTheRun@cbpu.com](mailto:OnTheRun@cbpu.com) fax: (517) 278-5085

**CHECKS PAYABLE TO:** COLDWATER ON THE RUN 344 HULL ST. COLDWATER, MI 49036

**PLEASE PRINT LEDGIBLY**

.....(clip here & mail).....

**COLDWATER MINI TRIATHLON**

1. FIRST NAME: \_\_\_\_\_ 2. LAST NAME: \_\_\_\_\_  
 3. ADDRESS: \_\_\_\_\_ 4. CITY: \_\_\_\_\_ 5. ST.: \_\_\_\_\_  
 6. ZIP: \_\_\_\_\_ 7. PHONE: ( ) / / 8. DATE OF BIRTH: / /  
 month day year  
 9. SEX: M F 10. SHIRT SIZE: S M L XL XXL 11. USAT # \_\_\_\_\_ Verified ( )  
 12. E-MAIL: \_\_\_\_\_ 13. AGE ON DEC. 31st: \_\_\_\_\_

-----14 - 16 TO BE COMPLETED BY TEAMS ONLY-----

14. TEAMMATE'S NAME \_\_\_\_\_  
 15. TEAM CLASS MALE FEMALE CO-ED 16. COMBINED AGE OF TEAM ON RACE DAY \_\_\_\_\_

**Office Use Only**

Date Rx'd: \_\_\_\_/\_\_\_\_/09 Amt. Rx'd: \$ \_\_\_\_\_ Ck # \_\_\_\_\_ Cash 0 Late Fee 0  
 INDIVIDUAL 0 0 TEAM 0 USAT 0 WAIVER SIGNED 0 0  
 1 2 YES NO