

Fairbank Island Days- Thursday, June 22nd 2017

5k Run (Walkers welcome)

MINI-TEAM TRIATHLON

NEW THIS YEAR: INDIVIDUAL MINI-TRIATHLON

\$45 prize for best team costume and \$15 for individual costume (5K or Individual Triathlon)

Start time: Registration 5:00 PM, races start between 5:45-6 PM. Depending on amount of teams, 1-2 heats of Team Triathlon followed by 1 combined heat of 5K and Individual triathlon. Teams must register together.

Location: The races will start near the entrance to the Island by Costa's SportsBar and Grill

Course:

-The 5k course will be entirely residential with a few rolling hills.

-Mini Team Triathlon: 1st person bikes a 5K (bike not provided, helmet not provided but encouraged), 2nd person kayaks up Wapsie and back a total of 1 mile, 3rd person runs 1 mile.

Teams may be same or mixed gender ****2nd person in kayak must be at least 14 years old.**

MAY USE OWN KAYAK or one will be provided. Life jackets will be provided and MUST BE WORN

-Individual mini-triathlon: Same course as team triathlon and same order of events

Age Divisions:

5K: 15 and Below, 16 to 22, 23 to 35, 36 to 50, 51 and Older (genders combined)

Mini Team Triathlon-Combined age of team: below 60, 61-100, 101-140, above 140

Individual mini triathlon : 15 and Below, 16 to 22, 23 to 35, 36 to 50, 51 and older (genders combined)

Awards: Awards will be given out on the island following the race and the results of queen contest.

5K: Awards will be given to the top 2 finishers in each age division (gender combined)

Mini-Triathlon: Awards given to top 2 teams in each division. Trophy for winning team

Individual mini-triathlon: Awards will be given to the top 2 finishers in each age division (gender combined). Trophy for winning individual

Registration/Cost: All participants who pre-register will receive a t-shirt. The cost is

\$25 per person for 5K, Individual triathlon, and Mini-Triathlon (\$75 per team) . Make checks payable to Wapsie Valley Schools. Registration deadline is June 17th (received by.) Participants may register the day of for a cost of \$25 and will not be guaranteed a t-shirt.

Detach the form below and return along with entry fee to Casey's General Store in Fairbank OR mail to:

Duane Foster

106 S. 3rd St.

Fairbank, IA 50629

Call (319) 404-1310 with any questions.

List age as of June 22nd. 5K: List one participant, Individual triathlon: list one participant Mini-Team Triathlon list all members

Name : _____ Age: _____ T-shirt size _____

Signature:(If under 18, parent signature): _____ Date _____

Name : _____ Age: _____ T-shirt size _____

Signature:(If under 18, parent signature): _____ Date _____

Name : _____ Age: _____ T-shirt size _____

Signature:(If under 18, parent signature): _____ Date _____

Phone number _____ email _____

If doing Mini-Triathlon please list contact information of 1 team member

Race Running: 5K Individual triathlon Mini Team-Triathlon below 60, 61-100, 101-140, above 140
(Please Circle)

Need Kayak: Yes No (please circle)

By signing above you have read and consented to waiver associated with this race and if under 18 a parent has read consent form and given permission for minor to participate.

ACCIDENT WAIVER AND RELEASE OF LIABILITY FORM

I HEREBY ASSUME ALL OF THE RISKS OF PARTICIPATING IN ANY/ALL ACTIVITIES ASSOCIATED WITH THIS EVENT, including by way of example and not limitation, any risks that 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 prepared or trained for participation in this activity, and not have been advised to not participate by qualified medical professional. I certify that there are no health-related reasons or problems which preclude my participation in this activity.

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

In consideration of my application, and permitting me to participate in this activity, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows:

- (A) I WAIVE, RELEASE, AND DISCHARGE from any and all liability, including but not limited to, liability arising from the negligence or fault of the entities or persons released, for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to me including my traveling to and from this activity, THE FOLLOWING ENTITIES OR PERSONS: The Fairbank Development Corp, City of Fairbank, and Wapsie Valley CSD and/or their directors, officers, employees, volunteers, representatives, and agents, and the activity holders, sponsors, and volunteers;
- (B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this activity, whether caused by the negligence of release or otherwise.

I acknowledge that the Fairbank Development Corp, City of Fairbank, and Wapsie Valley CSD and their directors, officers, volunteers, representatives, and agents, are NOT responsible for their errors, omissions, acts, or failures to act of any party or entity conducting a specific activity on their behalf.

I acknowledge that this activity may involve a 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, conditions of participants, equipment, vehicular traffic, lack of hydration, and actions of including, but not limited to, participants, volunteers, monitors, and/or illness during this activity.

I understand while participating in this activity, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the activity holders, producers, sponsors, organizers, and assigns.

The accident waiver and release of liability form shall be constructed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I CERTIFY THAT I HAVE READ THIS DOCUMENT AND I FULLY UNDERSTAND ITS CONTENT. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT AND I SIGN IT OF MY OWN FREE WILL.