



# the 2009 Lobsterman triathlon and aquabike



Saturday, September 19, 2009 **freeport, maine**

**the details**

Saturday, Sept. 19<sup>th</sup>, 2009. **9:30am** start time  
 Olympic Distance Triathlon: **Swim 1.5k, Bike 40k, Run 10k**  
 Aquabike follows the same swim and bike course

Race followed by a Lobsterbake presented by Gritty's of Freeport. Spend the weekend camping on the ocean at Winslow Park!

To reserve your camping spot at the race venue, call 207-865-4198 (seasonal, call after May 4<sup>th</sup>, 2009)

**sign up**

**MAIL:** Tri-Maine, 164 Middle Street, Suite 4, Portland, ME 04101

or drop off at Tri-Maine offices located at the address above.

**ONLINE:** [www.active.com](http://www.active.com); keyword Lobsterman

**entry fees-Fall Special! \$5 off the listed price until Jan 1, 09**

Individual Tri – USAT \$95 non-USAT \$105  
 Individual Aquabike – USAT \$70 non-USAT \$80  
 Relay - \$120 (+ \$10 for each non-USAT member)

**After August 1<sup>st</sup> add \$5**

**Refunds:** A refund of your registration fee minus \$20 will be granted up to July 31<sup>st</sup>. 50% will be refunded after July 31 - Aug. 31.

After September 1 no refunds will be given.

The Lobsterman Triathlon and Aquabike are USAT sanctioned and USAT rules apply. You must be a member of USA Triathlon to compete in these races. If you do not have an annual membership, you must purchase a one-day membership of \$10.

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[www.tri-maine.com](http://www.tri-maine.com), 207-221-5420, [info@tri-maine.com](mailto:info@tri-maine.com)

**ATHLETE INFO – please print**

Individual Name or Team Captain: \_\_\_\_\_

Gender (circle one) M F Date of Birth (mm/dd/yy) / / Email Address: \_\_\_\_\_

Phone \_\_\_\_\_ USAT Member #: (if Applicable) \_\_\_\_\_ Expires: / /

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact Person, Phone Number & Relation: \_\_\_\_\_

T-Shirt Size: (Shirts are gender – specific) \_\_\_\_\_ Age as of 12/31/09: \_\_\_\_\_

**SELECT RACE CATEGORY - circle one**

Elite – first wave USAT NON -USAT  
 Age Group USAT NON-USAT  
 Aquabike USAT NON-USAT  
 Relay USAT NON-USAT

**CLASSIFICATION - circle one if applicable**

Novice - last swim wave  
Athena (women over 150 lbs)  
Clydesdale (men over 200 lbs)

**RELAY INFO – circle one**

Men Women Coed

Team Name: \_\_\_\_\_

Name of Relay Member #2: \_\_\_\_\_ Email \_\_\_\_\_

Gender (circle one) M F T-shirt Size \_\_\_\_\_ USAT # and Exp. Date \_\_\_\_\_

Name of Relay Member #3: \_\_\_\_\_ Email \_\_\_\_\_

Gender (circle one) M F T-shirt Size \_\_\_\_\_ USAT # and Exp. Date \_\_\_\_\_

**LOBSTER BAKE TICKETS**

Catered by Gritty's of Freeport, includes lobster, steamers, corn, potato and beverage. Free Gritty's Beer to all of age.

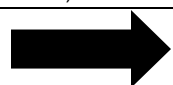
Number of Lobster bake tickets \_\_\_\_\_ x \$25 each = \_\_\_\_\_ Total

**PAYMENT INFO – circle one**

Cash \_\_\_\_\_ Check (payable to Tri-Maine) \_\_\_\_\_ Credit Card \_\_\_\_\_

CC# \_\_\_\_\_ exp. date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV: \_\_\_\_\_

Total – Entry fee + USAT fee (if applicable) + Lobsterbake Tickets = \$ \_\_\_\_\_





the 2009  
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**PLEASE READ THIS ACKNOWLEDGEMENT, WAIVER  
 AND RELEASE FROM LIABILITY (AWRL) BEFORE REGISTERING**

I acknowledge that a triathlon 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. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THIS TRIATHLON. I certify that I am physically fit, have sufficiently trained for participation in this event(s), and have not been advised against participation by a qualified health professional. I acknowledge that my statements on this AWRL are being accepted by Tri-Maine DBA WillPower Enterprises, LLC and the various race sponsors, organizers and administrators in consideration for permitting me to participate in this event.

In consideration for allowing me to participate in this event, I hereby take the following action for myself, my executors, administrators, heirs next of kin, successors and assigns, or anyone else who might claim or sue on my behalf, and I expressly acknowledge that it is my intent to take these actions: (a) I AGREE to abide by the Competitive Rules adopted by this event (b) I AGREE that prior to participating in this event I will inspect the race course, facilities, equipment, and areas to be used and if I believe any are unsafe I will immediately advise the person supervising the event; (c) I WAIVE, RELEASE, AND FOREVER DISCHARGE from any and all claims, losses (economic and non-economic), or liabilities, for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damages of any kind, which may in the future arise out of, result from, or relate to my participation in or my traveling to or this event, THE FOLLOWING PERSONS OR ENTITIES: TRI-MAINE DBA WILLPOWER ENTERPRISES, LLC, EVENT SPONSORS, RACE DIRECTORS, EVENT PRODUCERS, VOLUNTEERS, ALL STATES, CITIES, COUNTRIES, OR OTHER GOVERNMENTAL BODIES OR LOCATIONS IN WHICH EVENTS OR SEGMENTS OF EVENTS ARE HELD, AND THE OFFICERS, DIRECTORS, EMPLOYEES, REPRESENTATIVES AND AGENTS OF ANY OF THE ABOVE, EVEN IF SUCH CLAIMS, LOSSES, OR LIABILITIES ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF THE PERSONS I AM HEREBY RELEASING OR ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF ANY OTHER PERSON OR ENTITY; (d) I ACKNOWLEDGE that there may be traffic or persons on the course route, and I ASSUME THE RISK OF RUNNING, BIKING, SWIMMING OR PARTICIPATING IN THIS EVENT under these circumstances. I also ASSUME ANY AND ALL OTHER RISKS associated with participating in this event including but not limited to falls, contact and/or effects with other participants, effects of weather including heat, cold, and/or humidity, defective equipment, the condition of the roads, water hazards, contact with other swimmers or boats, and any hazard that may be posed by spectators or volunteers, all such risks being known and appreciated by me; and I further acknowledge that these risks include risks that may be the result of the negligence of persons or entities mentioned above in subparagraph (c) or of other persons or entities. I FURTHER COVENANT AND AGREE NOT TO SUE any of the persons or entities mentioned above in subparagraph (c) for any of the claims, losses, or liabilities that I have waived, released, or discharged herein; and I INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned above in subparagraph (c) from any and all expenses incurred, claims made, or liabilities assessed against them, including but not limited to attorneys' fees and litigation expenses, arising out of or resulting from, directly or indirectly, in whole or in part, (i) my actions or inactions, (ii) my breach or failure to abide by any part of this AWRL including but not limited to my covenant not to sue; (iii) my breach or failure to abide by any of the Competitive Rules; or (iv) any other harm caused by me. I FURTHER GRANT FULL PERMISSION to any and all of the above parties to use my name and/or likeness relating to my participation in this event, as well as use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event, and I WAIVE all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name, image, or likeness.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENT.

For persons under 18 years of age, a parent or legal guardian must sign the above AWRL and complete the following section.

The undersigned \_\_\_\_\_ (parent/guardian) the parent and natural guardian of \_\_\_\_\_ (minor's name) hereby acknowledges that he/she has executed the foregoing AWRL for and on behalf of the minor named herein. As the natural or legal guardian of such minor, I hereby bind myself, the minor, and our executors administration, heirs, next of kin, successors, and assigns to the terms of the foregoing AWRL. I represent that I have the legal capacity and authority to act for and on behalf of the minor named herein, and I agree to indemnify and hold harmless the persons or entities mentioned in the foregoing AWRL for any expenses incurred, claims made, or liabilities assessed against them, as a result of any insufficiency of my legal capacity or authority to act for and on behalf of the minor in the execution of the foregoing AWRL or in the execution of this consent and authorization for medical treatment.

I hereby authorize any licensed physician, emergency medical technician, hospital or other medical or health care facility ('Medical Provider') to treat the minor named herein for the purpose of attempting to treat or relieve any injuries received by said minor arising out of or relating to this event. I authorize any such Medical Provider to perform all procedures deemed medically advisable by the Medical Provider in attempting to treat or relieve any such injuries and any related conditions of said minor that may be encountered during the course of attempting to treat or relieve such injuries. I consent to the administration of anesthesia as deemed advisable during the course of such treatment. I realize and appreciate that there is a possibility of complications and unforeseen consequences in any medical treatment, and I assume any such risk for and on behalf of said minor and myself. I acknowledge that no warranty is being made as to the results of any medical treatment.

Sign Here: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Print Name: \_\_\_\_\_