

# Lobsterman

triathlon and aquabike



SWIM. BIKE. RUN.  
**TRI-MAINE**  
The Way Triathlon Should Be.

Saturday, September 18, 2010 Freeport, Maine

## the details

Saturday September 18<sup>th</sup>, 2010 9:00 a.m. start time  
Winslow Park, South Freeport, Maine  
Olympic Distance Triathlon: 1.5k swim, 40k bike, 10k run  
Aquabike follows the same swim and bike course

Race followed by a classic lobster bake presented by Gritty's of Freeport. Spend the weekend camping on the ocean at Winslow Park! To reserve your camp site at the race venue, call (207) 865-4198 (seasonal, call after May 4<sup>th</sup>)

## sign up

Drop off or mail to **Tri-Maine** -  
164 Middle Street, Ste. 3 Portland, ME 04101

Drop off forms at **Peak Performance Multisport** -  
317 Marginal Way, Portland, ME 04101

Online: <http://tinyurl.com/lobsterman2010>

**entry fees** (After July 15<sup>th</sup> add \$5)  
Triathlon – USAT \$95 non-USAT \$105  
Aquabike - USAT \$75 non-USAT \$85  
Relay - \$120 (+ \$10 for each non-USAT member)

The Lobsterman Triathlon and Aquabike races are sanctioned by USA Triathlon 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 for \$10.

## refund policy

A refund of your registration fee minus \$20 will be given up to July 31<sup>st</sup>. 50% will be refunded after July 31-Aug. 31. After September 1<sup>st</sup> no refunds will be given.

## fmi

**Lobsterman Triathlon** - [www.tri-maine.com](http://www.tri-maine.com);  
call 207-221-5420 x3, or email [info@tri-maine.com](mailto:info@tri-maine.com)  
**Town of Freeport** – [www.freeportusa.com](http://www.freeportusa.com)  
**Winslow Park** – [www.freeportmaine.com](http://www.freeportmaine.com)

## Select RACE CATEGORY - circle one

Elite - 1<sup>st</sup> wave      Age group  
Relay                      Aquabike

## Circle one if applicable – age groupers only

Clydesdale (men over 200 lbs)  
Athena (women over 150 lbs)

## ATHLETE INFO – please print

### Individual Name or Relay Contact Person:

Gender (circle one)    M    F                      Birth Date – must be 15 or older    /    /                      E-mail  
Phone    Address  
Multisport Club (if you are a member)    T-Shirt Size (gender specific)  
USA Triathlon # and Expiration Date (if applicable)  
Emergency Contact Name, Phone Number & Relation

## 2 OR 3 PERSON RELAY Category - circle type

	<u>Men</u>	<u>Women</u>	<u>Coed</u>			
Name of Relay Team				Your leg(s) – (circle one or two)	Swim	Bike    Run
2 <sup>nd</sup> Relay Member's Name				E-mail		
Leg(s) – (circle one or two)	Swim	Bike	Run			
USAT # and Exp. Date				T-Shirt Size (Gender specific)		
3 <sup>rd</sup> Relay Member's Name				E-mail		
Leg – (circle one if applicable)	Swim	Bike	Run			
USAT # and Exp. Date				T-Shirt Size (Gender specific)		

**LOBSTER BAKE TICKETS**    Number of Lobster bake tickets \_\_\_\_\_ x \$25 each = \$ \_\_\_\_\_

Catered by Grittys of Freeport, includes lobster, steamers (or vegetarian option), corn, potato and beverage. Grittys Beer is for all of age.

## PAYMENT INFO – circle one

Cash                      Check (payable to Tri-Maine)                      Credit Card  
CC# \_\_\_\_\_ exp. date: \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV: \_\_\_\_\_

**Total = Entry fee + USAT fee (if applicable) + Lobster bake = \$ \_\_\_\_\_**

**The 2010 Lobsterman Triathlon & Aquabike Waiver**  
**PLEASE READ THIS ACKNOWLEDGEMENT, WAIVER AND RELEASE**  
**FROM LIABILITY (AWRL) BEFORE REGISTERING**

I acknowledge that a triathlon/duathlon 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/DUATHLON. 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 WillPower Enterprises, LLC DBA Tri-Maine Productions and Winslow Park, the town of Freeport, ME, 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 AGREE to cover the replacement costs of any timing chips/ankle straps that I lose; (d) 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: WILLPOWER ENTERPRISES, LLC DBA TRI-MAINE PRODUCTIONS, WINSLOW PARK, TOWN OF FREEPORT, MAINE, 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.**

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

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

Signatures of Additional Relay Members: \_\_\_\_\_

**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.