

# Mohawk Towpath Byway

## 7<sup>th</sup> Annual Duathlon – October 18, 2009

### Entry Form

Complete the following and mail, along with entry fee, to: **P O Box 90, Clifton Park, NY 12065** or **Parks and Recreation Department, 1 Town Hall Plaza, Clifton Park, NY 12065**. Make checks payable to "Mohawk Towpath Scenic Byway Coalition, Inc." Pre-registration entries must be received before 5 pm on October 9, 2009. Each participant must fill out a separate form with team entries submitted together.

**Name:** \_\_\_\_\_ **Age:**(on day of race) \_\_\_\_\_ **Sex:** **M** **F**

**Street:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone Number:** ( ) - \_\_\_\_\_ **E-mail:** (optional) \_\_\_\_\_

**Age Group** (circle one)(under age19)(19 to 29)(30 to 39)(40 to 49)(50 to 59)(60 to 69)(70+) **T-Shirt Size:** **M L XL**  
**Single Entry** (1 participant to run and bike the entire course) **Team Entry** (2 participants: one runner, one biker)

In consideration for the rights and privileges associated with this entry in this Duathlon event I acknowledge and agree to be bound by the following:  
**1. Identification of Risks.** I understand that participation in any running and/or bicycling activities, including but not limited to, preparation for, participating in, and coaching of activities in competitions and clinics, involve risk of serious injury, including permanent disability, death and other losses, due to inactions or negligence of myself or others.  
**2. Assumption of Risk.** I agree that I am responsible for my safety while participating in this activity, and that such responsibility includes participation only; a) when I am both physically and psychologically prepared to participate safely, b) after fully familiarizing myself with the venue before beginning the activity, and c) while using the equipment of a type and condition reasonably necessary to safely participate. I assume all risk connected with and responsibility for any injury or loss connected with my participation in the event.  
**3. Waiver.** Aware of the risks and willing to assume them, I hereby waive, release and agree to hold harmless the Town of Clifton Park, The Town of Halfmoon, The Mohawk Towpath Scenic Byway Coalition, Inc. and their affiliates, subsidiaries, officers, directors, employees, agents, coaches, trainers, doctors, officials, event organizers, or sponsors (Released Parties) from any and all claims by me for any liability, injury, loss or damage in any way connected with my participation in this event except where caused by the gross negligence or willful or wanton misconduct of any of the Released Parties. I intend for this waiver and release to also apply to any relatives, personal representatives, heirs, beneficiaries, next of kin or assigns who may pursue any legal action or claim on my behalf.  
**4. Insurance.** I currently have, and agree to maintain throughout the time that I train and compete, valid and sufficient medical and accident insurance. I understand that this is my sole responsibility and release all persons and entities from providing this coverage for me.

Signature: \_\_\_\_\_ Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### For Participants of Minor Age:

This is to certify that, as parent/legal guardian of this above named minor, I do hereby acknowledge and consent to his/her agreement to be bound by each of the terms and conditions identified above.

Parent/Guardian Signature \_\_\_\_\_ Parent/Guardian Printed Name \_\_\_\_\_ Date: \_\_\_\_\_

**The Duathlon will combine a 2.2 mile run; 16 mile bike; and a 2.2 mile run to the finish along the scenic route of the Mohawk Towpath Byway. Start, bike exchange, finish and awards will all be in the Krause's Grove Parking lot. Entry fee is \$20 before 5 pm October 9, 2009, \$25 after and day of race. Entry for kid's fun race is \$5 (including tee shirt).**

#### October 18 – Race Day Schedule:

**7:30 – 8:30 am Registration and Race Packet Pickup.**

**7:30 – 8:30 am Stage bicycles, helmets, etc.**

**8:30 am Fun Duathlon for Kids and Beach Road entrance to Krause's Grove closed.**

**9:00 am Start of Race.**

**11:15 am Awards Ceremony.**

**Parking is available for participants at Krause's Grove. All others are expected to park at the public lot on Canal Road just east of Beach Road.**

Proceeds from this event benefit the Mohawk Towpath Scenic Byway Coalition, Inc. a 501(c)(3) not-for-profit corporation that seeks to increase awareness, enjoyment and linkage of the wide variety of scenic, recreational and historic resources along the Mohawk River and Erie Canal corridor from Waterford to Schenectady. The Coalition is a regional partnership of communities that balance the promotion of local interests with the protection of heritage resources.