

# RELEASE AND WAIVER



First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Email \_\_\_\_\_

Birth Date \_\_\_\_\_ Gender ( ) Male ( ) Female

Your Contact Phone - preferably cell \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

## Emergency Contact Info

Contact Name\* Required \_\_\_\_\_ Contact Phone \_\_\_\_\_

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

I have entered in the Mountain Deux Aquathlon with full knowledge that being physically fit and sufficiently trained is necessary to prevent any injury to myself. I know that running and swimming are potentially hazardous activities. I know that I should not participate unless medically able and properly trained. I agree to abide by any decision of the program director relative to my ability to safely complete the risks associated with running and swimming in this program including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the trail or pool, all such risks being known and appreciated by me.

I, individually, for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge the Mountain Springs Swim Club, the Land Trust of North Alabama, the City of Huntsville, the State of Alabama, and any and all other supporting groups of this said racing event, together with all their officers, directors, agents, employees, volunteers, sponsors, their representatives and successors from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of, or relating to any injury, illness, loss, or damage, including death, arising out of, resulting from, and/or relating to participation in the aforesaid event.

In addition, I agree that my participation in this event requires that I will not participate with roller blades, baby joggers, skateboards, animals, headphones, or anything which the race director deems dangerous to myself or other participants and that the race director may remove me from this event for a violation of said policy.

I further authorize and empower the program director to consent to and authorize any medical care or treatment for me that may appear reasonably necessary as a result of emergency, accident or illness of myself whether occurring before, during, or after the event.

I further grant permission to this race and the organizations conducting the race and/or agents authorized by them to use any photographs, videotapes, motion picture, recordings and any other record of this event for any purpose. I also agree that all entry fees are non-refundable and that this entry is non-transferable.

Medical Conditions (anything we should know) \_\_\_\_\_

Name (Print) \_\_\_\_\_ Signature \_\_\_\_\_

## T-shirt Size

Please indicate what size T-shirt you prefer. (Note: After July 15 you are not guaranteed a shirt.)

( ) Youth Medium ( ) Adult Medium

( ) Youth Large ( ) Adult Large

( ) Adult Small ( ) Adult XL

**Questions? 256.539.7624**

**Visit:**

<http://www.mountaindeux.org>

and

<https://www.facebook.com/MtnDeux>