

**ANN ARBOR TRIATHLON CLUB
ACKNOWLEDGEMENT WAIVER AND RELEASE FROM LIABILITY**

I hereby acknowledge that triathlon, duathlon, or any multi-sport activity is an extreme test of an individual's physical and mental limits and it carries with it a potential of death, serious injury, and/or property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATION IN MULTI-SPORT ACTIVITIES (triathlon, duathlon, etc.). I certify that I am physically fit, have trained for participation in these events, and have not been advised otherwise by a qualified medical person.

I hereby acknowledge that my participation in any triathlon, duathlon, or any multi-sport activity is a completely voluntary act. I further acknowledge that participating, or allowing my minor child to participate, is likewise a completely voluntary act. I have accepted the consequences of death, serious injury, and/or property loss for both myself and my minor child.

I acknowledge that this form will be used by the Ann Arbor Triathlon Club (AATC) and the sponsors and organizers of all AATC's activities. These activities include both social events and multisport activities that are affiliated with the AATC.

I hereby take action for myself, my executors, heirs, administrators, next of kin, successors and assign as follows: A) WAIVE, RELEASE, DISCHARGE, AND AGREE NOT TO SUE, for any and all liability or my death, disability, personal injury, property damage, property theft or action of any kind which may hereafter accrue to me as a result of my participation in, or my traveling to and/or from any AATC's activity. THE FOLLOWING PERSONS OR ENTITIES: AATC and its officers, event sponsors, race directors, event producers, event volunteers, and all cities, counties, districts and/or states in which said events may be staged or in which segments of said events may be run and its (their) officers, directors, employees, representatives and agents and volunteers: B) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of my actions during AATC's activities or events.

I realize that most of AATC's activities are of a workout or social nature, and no traffic control will be in place during the event or activity. I will be responsible for knowing or following all of the traffic laws while participating in, practicing for, or traveling to and/or from Ann Arbor Triathlon Club's event and/or activity. I acknowledge that these responsibilities extend to my minor child. I further acknowledge that I have fully prepared my minor child for following all of the traffic laws while participating in any AATC event.

I hereby consent to receive treatment in the event of an injury, accident, and/or illness during an Ann Arbor Triathlon Club activity.

I HEREBY CERTIFY THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER; I HAVE READ THE DOCUMENT AND FULLY UNDERSTAND ITS CONTENTS.

NAME (print): _____ DATE:

SIGNATURE: _____ DATE:

Emergency Contact: _____ Phone: ____

PARENT/GUARDIAN SIGNATURE (if under 18 years of age):

_____ DATE: