



Del Mar Triathlon
5Km / 15 km / 200m

Nov. 22nd, 2015
8:45 am Start

WHERE: Cathedral Catholic High School, 5555 Del Mar Heights Rd, San Diego, Ca. 92130

WHAT: A fast, mostly flat and fun closed course "reverse" Triathlon (run/bike/swim).

ENTRY: Early Bird \$39 (Thru 8/31), \$49 (Thru 9/30), \$59 (Thru 10/31), \$69 (Thru 11/10), \$79 (Thru 11/18), and \$85 (late registration at mandatory check-in). **NO RACE DAY SIGN-UPS!**

ON-LINE INFORMATION and MAPS: Maps, course description, and directions can be found on the site at: www.delmartri.com. Pictures may also be found on our Challenger Productions/Ramm Sports facebook page!

TIMING: Chip-timing provided by SYNERGY RACE TIMING (timing posted online within 24 hrs.)

COURSE RULES and SANCTIONING: Del Mar Triathlon is approved by Multisport America! Rules may be found on the Del Mar Tri website at www.delmartri.com. It is the entrant's responsibility to review them.

CHECK-IN: Choose a day at Movin' Shoes: Encinitas Nov. 20th (5-6:30pm) or Pacific Beach Nov. 21st (10-1pm). For store information and directions visit: www.movinshoes.com (ask for the Del Mar Tri special discount!) **NOTE:** Athletes from outside San Diego County and extreme north, east and south areas of SD County, may check-in race day from 6-8am.

AWARDS: Go 3-deep in 5 yr. age groups. Top 3 overall M/F receive pure .999 Silver medals. 1st place masters 40+, senior masters 50+, and senior masters 60+ (M/F) will all receive a pure .999 Silver medal. **NOTE:** no award double dipping. See www.delmartri.com for more info.

SHIRTS/PRIZES: Color Tech-T shirts for all entrants. We will have prizes from some of our sponsors.

TRANSFERS: We will allow transfers through Nov. 1st. A \$15 transfer fee will apply.



MAKE CHECK PAYABLE and MAIL TO: **Ramm Sports, 13328 Caminito Ciera #16, San Diego, Ca. 92129**

First name: _____ Last Name: _____ Gender: _____

DOB: _____ Age: _____ Phone: ____/____/____ Email: _____

Address: _____ City: _____ St: _____ Zip code: _____

GROUP (circle one): 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

SHIRT SIZE: x-small / small / med / large / x-large **Entry:** \$ _____

DEL MAR TRIATHLON 2015 (Accident Waiver and Liability Release) By signing below I acknowledge, hereby state, agree to and accept the following:

I realize that the Duathlon/Triathlon is an arduous physical event that tests a person's physical and mental cases could result in death of the participant. There are various risks such as (but not limited to): dehydration, motorized traffic, equipment, various other traffic and actions of other individuals and acts of God. Additionally, conditions such as the course terrain, course topography, weather, limits. I also realize that it carries the potential for accident, injury, property loss and under extreme temperature are all risks to the athlete. Individual actions of any persons such as: volunteers, participants, the public, race staff, and other, can all be risks to the athlete. By signing below I accept all risk, but not limited to, those listed herein. I am physically, mentally and emotionally fit to compete in this event. I have not been advised by any medical persons to not compete in an event such as the Del Mar Triathlon/5K.

Hold harmless any entity, person, company, governmental body or institution regarding any liability that may arise from, but not limited to, negligence or carelessness on the part of any of the persons or entities being released, and from dangerous conditions on property, or defective equipment or infrastructure, that they maintain, own or control. I consent to receive medical treatment, due to illness, injury or accident, which may be deemed advisable or necessary by any medical personnel, staff member or official, before, during or after the Del Mar Triathlon/5K event. I also hereby recognize the "Good Samaritan Law" which holds harmless any individual who tries to assist me in the advent of injury, illness or accident. I agree to hold harmless and release all liability pertaining to the assistance of such individuals who deem it necessary to assist me when in distress before, during or after the event. I realize that I may be photographed and related activities. I agree to allow my photo or video to be used for any legitimate purpose or function by RAMM Sports (Del Mar Triathlon), their affiliates, Fusion Timing Systems or sponsors.

Though RAMM Sports (Del Mar Tri/5k) staff and volunteers will attempt to prevent any damage or theft to athlete's equipment, running or athletic gear, bike, bike gear and other affects to the best of their ability: I accept that RAMM Sports, Del Mar Tri/5k (or any affiliate) staff members, volunteers or any entity of the city of San Diego or San Diego County are not responsible for any personal items that are stored in the transition area race course, in any structure, or any vehicle. This includes personal affects, running gear, bike, or bike gear.

To take action for myself, next of kin, heirs, my executors, administrators, successors as follows: 1) Release and discharge from any and all liability for my injury, illness, disability, death, property damage or loss due to theft or carelessness, or actions of any kind which may hereafter accrue to me, including my transport to and from this event, the following persons, entities and agencies: Cathedral Catholic High School, Caltrans, the City of Del Mar, the City of San Diego, RAMM Sports, Del Mar Tri/5k it's volunteers, staff, sponsors (Hammer Nutrition, Perfect Bar Foods, Mimi's Kitchen, Movin' Shoes, Paceline Products-Chamois Butter, Ramm Sports / Fusion Timing systems and associates - Roger Drews, Mary Lou Drews, Paul Greer, Ryan Norling, Evan Drews, and Brian Anderson, Synergy Race Timing, Eric and Jenn Bauer, the County of San Diego, Active.com, or USAT. 2) Indemnify and hold harmless the entities mentioned herein from any and all liabilities, negligence, or claims made as a result of me taking part in the Del Mar Triathlon.

I also understand that this release shall be construed as a maximum release and waiver to the maximum extent under the law. I certify that all information I have provided is true and correct. I realize it is my responsibility to review all rules, local laws, course information, pre-race material on paper form, on the website, or email notifications, and use all safety equipment before and during the event. I have read this release of liability and accident waiver document.

Print name: _____ Bib # _____

Signature: _____ Date: _____

PARENT OR GUARDIAN WAIVE AND RELEASE FOR MINORS (less than 18 years old). The undersigned legal guardian or parent does hereby represent that he or she is in fact acting in such capacity on the behalf of the minor participating in this event. All parties agree to hold harmless and indemnify each party referred to above from any and all liability, loss, claims of damage of any kind made as a result of participation in the Del Mar Tri/5k. I, the guardian or parent, certify that the athlete is in good physical condition and that event, staff, volunteers, city officials, any EMS entity or person have my permission to authorize, or perform any medical treatment if necessary. I certify that the information provided on the race entry form is true and complete. I have read all related race event materials in email, printed form, from the race packet, or on the Del Mar Tri/5K website. I have read the full and entire Release of Liability and Accident Waiver document and certify that I agree to and comply by my signature below.

Print name (of minor): _____ Bib # _____

Signature of Parent/Guardian: _____ Date: _____