



ARE YOU TOUGH ENOUGH?

DIRTY DUATHLON



Trail Run/Mountain Bike Race 2010



Sunday, June 13th 10:00AM START

Holiday Valley Ski Resort Mountain Sports Center Rt 219 Ellicottville, NY 14731

4-mile trail run/10-mile mountain bike race on challenging, hilly terrain. Be there!

- Solo competitor \$30.00
- Two-person all male team \$45.00
- Two-person all female team \$45.00
- Two-person co-ed team \$45.00

Pre-registration deadline June 9th
 Add \$5 per team after this date
 T-Shirts to all pre-registered entrants
 and as they last on race-day.
Race-day entries always welcome!

COMPLETE EVENT INFO AT
WWW.HEARTRATEUP.COM
HeartRateUp.com

Solo competitor information/ team runner

 Last Name First MI

 Street City ST Zip
 S M L XL
 (Circle t-shirt size)

 Sex Age E-mail address Phone #

 Emergency Contact Emergency Contact phone number

Team biker information

 Last Name First MI

 Street City ST Zip
 S M L XL
 (Circle t-shirt size)

 Sex Age E-mail address Phone #

 Emergency Contact Emergency Contact phone number

Acknowledgement of Risks and Assumption of Risk Responsibility

STATEMENT OF RISKS: There are significant elements of risk in any adventure, sport or activity associated with the outdoors, the use of mountain bikes and running plus associated activities tied to this event (referred to herein as "activity"). THE ACTIVITY IS NOT WITHOUT RISK. Certain risks cannot be eliminated without destroying the unique character of the activity. The same elements that contribute to the unique character of the activity can be causes of loss or damage to equipment, cause accidental injury, illness or in extreme cases, permanent trauma or death.

ACKNOWLEDGEMENT OF RISKS: I agree and understand that adventure racing is a HAZARDOUS activity. Further, I recognize that there are risks, including, but not limited to, uneven and/or slippery road conditions, varying slopes, variations in terrain, bumps, loose gravel and dirt, paved surfaces, wet surfaces, holes and potholes, debris and other bikes and competitors. I recognize that injuries are a common and ordinary occurrence of the activity. I hereby agree to freely and expressly ASSUME and accept ANY AND ALL RISKS OF INJURY OR DEATH while participating in the activity. I further acknowledge that I have made a voluntary choice to participate in the activity. I AM (WE ARE) AWARE THAT THE ACTIVITY MAY ENTAIL RISKS OF INJURY OR DEATH. I/WE UNDERSTAND THE DESCRIPTION OF THESE RISKS IS NOT COMPLETE AND THAT UNKNOWN OR UNANTICIPATED RISKS MAY RESULT IN INJURY, ILLNESS, OR DEATH AS A RESULT OF MY/OUR PARTICIPATION IN THE ACTIVITY.

EXPRESS ASSUMPTION OF RISK AND RESPONSIBILITY: I agree to assume responsibility for the risks of the activity identified herein and those risks not specifically identified. Participation in the activity is purely voluntary. No one is forcing me to participate. I verify that I am physically fit, **not under the influence of alcohol or any drugs at this time** and sufficiently qualified, trained and capable to participate in the activity. I assume full responsibility for myself and any of my minor children for whom I am responsible, for any bodily injury, accident, illness, death, loss of personal property and expenses thereof as a result of any accident which may occur while I participate in the activity. I understand that HELMETS ARE REQUIRED and I agree to wear my helmet at all times. I understand that equipment provided for my protection may be inadequate to prevent serious injury. This agreement is governed by the applicable law of this state or province. If any provision of this agreement is determined to be unenforceable, all other provisions shall be given full force and effect. I HAVE READ THE ACKNOWLEDGEMENT OF RISKS & ASSUMPTION OF RISK RESPONSIBILITY. I UNDERSTAND THAT BY SIGNING THIS DOCUMENT I AM EXPRESSLY ASSUMING THE RISK ASSOCIATED WITH THIS ACTIVITY.

Participant's Signature: _____ Date: _____

Parent/Guardian: I verify that I am the parent or guardian of the minor, and I have authority to enter into this agreement on behalf of the participant and I agree to be bound by the terms and conditions stated above.

Parent/Guardian Signature: _____ Date: _____

Participant's Signature: _____ Date: _____

Parent/Guardian: I verify that I am the parent or guardian of the minor, and I have authority to enter into this agreement on behalf of the participant and I agree to be bound by the terms and conditions stated above.

Parent/Guardian Signature: _____ Date: _____

To enter mail completed entry form (checks made out to Music X-Press) to:
Music X-Press PO Box 37 Buffalo, NY 14240