

2009 Mile High Indoor Rowing Sprints Entry Form

An Official C.R.A.S.H.-B Satellite Regatta –January 31, 2009

Please print or type. Provide complete and correct information to secure your entry in the correct event(s).

Fill out this form completely and sign a liability waiver. A SIGNED LIABILITY WAIVER IS REQUIRED TO PARTICIPATE.

Mail this entry form and a signed liability waiver with your entry fee (\$25 check or money order made payable to RMRC), postmarked by January 24, 2009, to the address at right. The entry fee is \$30 if mailed after January 24, including payment on race day.

**Rocky Mountain Rowing Club
SPRINTS
4766 S Liverpool Court
Aurora, CO 80015**

Name:		
Address:		
City:	State:	Zip:
E-Mail:		
Club affiliation:	Best 2000-meter time:	
Date of Birth: (mm/dd/yyyy)	Age on 1/31/2009	
Emergency Contact on Race Day:	Emergency phone:	

Race Category: (check one)

Women:	<input type="checkbox"/> Openweight (over 135 lbs.)	<input type="checkbox"/> Lightweight (135 lbs. and under)
Men:	<input type="checkbox"/> Openweight (over 165 lbs.)	<input type="checkbox"/> Lightweight (165 lbs. and under)

Check All Events You Wish to Race

Distance Rows:

<input type="checkbox"/> 2000-meter C.R.A.S.H-B Qualifying Row	<input type="checkbox"/> 2000-meter Club Row
<input type="checkbox"/> 500-meter Sprint	<input type="checkbox"/>

Timed Rows:

<input type="checkbox"/> Hour of Power (60 minutes)	<input type="checkbox"/> 30-minute Row
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Kids Row: (ages 6-13 – free!)

<input type="checkbox"/> Ages 6 to 10 3-minute Sprint	<input type="checkbox"/> Ages 10 to 16 1000-meter Sprint
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Please read and sign the Liability Waiver on the back of this Entry Form.

For office use:

Amount paid \$ _____ Check number _____ Waiver? _____ If lightweight, weighed in? _____

Liability Waiver

Please read and fill out information completely. YOU MUST SIGN THIS LIABILITY WAIVER TO PARTICIPATE IN ANY MILE HIGH INDOOR ROWING SPRINTS EVENT.

In Consideration of being given the opportunity to participate in any Rocky Mountain Rowing Club ("Club") activities ("Activity") until the end of the calendar year 2009, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1 ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2 FULLY UNDERSTAND that: (a) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis, and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasees named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3 AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4 HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Rocky Mountain Rowing Club, The Colorado Athletic Club Monaco, their administrators, directors, agents, officers, volunteers and employees, other participating, regatta organizers, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account cause or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given substantial rights by signing it and have signed it freely and without and inducement or assurance of any nature and I intend it to be a complete and unconditional release of all liability allowed by law and agree that if any portion of this agreement to the greatest extent is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.	Printed Name of Participant:
	Address:
	City, State, Zip:
	Phone:
	Date:
	Participant's Signature (only if age 18 or over)

Parental Consent

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity, I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as a result of any such claim.	Printed Name of Participant:
	Address:
	City, State, Zip:
	Phone:
	Date:
	Parent/Guardian Signature (only if age 18 or over):