

Du 3 Bears Short & Long Duathlon and 5 Mile Run January 26, 2019 9:00 AM



San Pablo Reservoir * 7301 San Pablo Dam Road * El Sobrante, CA 94803

Registration Pickup - 7:00 AM - 8:45 AM Race Day Only 9:00 AM - Long Race & 5 Mile Begins 9:05 AM Short Race Begins

Start Time: 9:05 AM - Duathlon Short Course: 2.35 mile Run - 18.62 mile Bike - 2.2 mile Run
Start Time: 9:00 AM - Duathlon Long Course : 5.00 mile Run - 18.62 mile Bike - 2.2 mile Run
Start Time: 9:00 AM - 5 Mile Run/Walk

Registration Fees	USAT Member		*Non-USAT Member	
	By	After	Before	After
	12/29/18	12/29/18	12/29/18	12/29/18
Duathlon Short (S)	\$80	\$90	\$100	\$115
Duathlon Long (L)	\$90	\$100	\$110	\$120
Du Relay* Short (S)	\$110	\$120	\$125	\$135
Du Relay* Long (L)	\$120	\$130	\$135	\$145
5 Mile Run/Walk	\$40	\$45	\$40	\$45

Register @ active.com until January 24th 5pm
Mail-in Postmarked by January 19th
Make Checks Payable to Wolf Pack Events (WPE)

Mail-Registration to PO Box 20691
El Sobrante, CA 94820

Shirt Size: S M L XL

Note: To guarantee shirt size your application MUST be received by January 19th

UPCOMING EVENTS

All at the Orinda - San Pablo Reservoir

- 05/11/2019 - Mother's Day Half Marathon/5 Miler/5K
- 09/21/2019 - The Fall Showdown - Half Marathon/5K/5 Miler
- 09/21/2019 - Du Bears Duathlon/5 Mile Run/Walk
- 11/02/2019 - Dog Day at the Dam 4.8/2.3/Walk/Run
- 11/21/2019 - Thanksgiving Gobble Wobble 5K/10K/Kids Run
- 12/14/2019 - Dam Jingle Bell Run 5K/10K & Kids Dash to Santa

AWARDS - FINISHER MEDALS to ALL

Duathlon - PLAQUES 1st - 5th /5 Year Age Groups

Plus Special Recognition and Appreciation Plaques for Duathlon Winners

Overall Winner	Male and Female	Age Any
Overall Winner	Male and Female	Age 0 - 49
Overall Winner	Male and Female	Age 50 +

5Mile - Plaques Overall M/F Medals 3 Deep 5 Year Age Groups

**USAT Member? Yes No USAT # _____ Male Female For DU Age on 12/31/2019

Last Name: _____ First Name: _____ Birth date: _____ Age: _____

Address: _____ City: _____ St: _____

Zipcode: _____ Phone: _____ Email: _____

Country: _____ Cell Phone: _____

Emergency Contact Name: _____ Emergency # _____

Age Division: Duathletes Only - Age you will be December 31, 2018 - Register in this Group

15&Below 16-17 18-19 20-24 25-29 30-34 35-39 40-44 45-49

50-54 55-59 60-64 65-69 70-74 75-79 80-84 85+

Clydesdale (200 lbs+) 17-39 Clydesdale (200 lbs+) 40+ Weight on Race Day _____

Athena (150 lbs+) 17-39 Athena (150 lbs+) 40+ Weight on Race Day _____

Registration

Short Duathlon

Long Duathlon

Relay Du Short

Relay Du Long

5 Mile Run

Total \$ _____

*Relay Teams Only

Relay Team Name: _____ Male Female Mixed

Relay Member (check all that apply): Run 1 Bike Run 2

Each member of the relay team must compete and sign a race entry form

WAIVER: I do hereby authorize and give legal consent for photographs to be taken and used at the discretion of Wolf Pack Events. I further authorize and give legal consent for Wolf Pack Events, and their agents, to take my photograph and use my photographs, pictures or information in any or all of its publicity without limitation. Said pictures(s), photograph(s) or information shall be and remain the property of the Wolf Pack Events and its agents. They may be used with or without using my name or using my initials of a fictitious name. Neither the copy nor the edited photographs have been submitted to me for inspection or approval prior to publication. I agree that I am donating this material and that I will not be compensated. I acknowledge that a failure to return the Timing Chip may result in a \$30.00 Replacement Fee.

Participant/Parent/Guardian Signature _____ Date _____

Participants under 18 must have a parent or Guardian's signature

Mail Check and Application to: WPE PO Box 20691 El Sobrante, CA 94820
Include your email address (above) to receive pre-race information and updates

*If you do not have a USAT annual membership, you are required to purchase a one-day membership for \$15.00 Included in NON-USAT Price

**Each relay member must have a USAT annual membership or purchase a one-day membership for \$15.00

USAT Members must bring their license to Check-in, along with their ID Card





WARNING: READ CAREFULLY. THIS AGREEMENT INCLUDES A RELEASE OF LIABILITY AND WAIVER OF LEGAL RIGHTS AND DEPRIVES YOU OF THE RIGHT TO SUE USA TRIATHLON AND OTHER PARTIES. DO NOT SIGN THIS AGREEMENT UNLESS YOU HAVE READ IT IN ITS ENTIRETY, SEEK THE ADVICE OF LEGAL COUNSEL IF YOU ARE UNSURE OF ITS EFFECT.

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION of USA Triathlon ("**USAT**") allowing me to participate in any USAT sanctioned event (**the "Event" or "Events"**) as either a member of USAT or through the issuance of a single event license or permit; I, for myself, and on behalf of my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (**the "Agreement"**);

1. I hereby represent that (i) I am in good health and in proper physical condition to participate in the Event; and (ii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event.
2. I understand and acknowledge the physical and mental rigors associated with triathlon, Duathlon, or other multi-sport events and realize that running, bicycling, swimming and other portions of such Events are inherently dangerous and represent an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which, without limitation, the potential for serious bodily injury, permanent disability, paralysis and death; loss or damage to property; exposure to extreme conditions and circumstances; accidents, illness, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined harm or damage which may not be readily foreseeable, and other presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.
3. I agree to be familiar with and abide by the Rules and Regulations established for the Event, including but not limited to the Competitive Rules adopted by USAT and the Guide to Prohibited Substances and Prohibited Methods of Doping adopted by the United States Anti-Doping Agency. I also accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USAT, the Event Organizers and Promoters, Race Directors, Sponsors, Advertisers, Host Cities, Local Organizing Committees, Venues and Property Owners upon which the Event takes place, Law Enforcement Agencies and other Public Entities providing support for the Event, and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (**Individually and Collectively, the "Released Parties" or "Event Organizers"**), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("**Liability**") which may arise out of, result from, or relate to my participation in the Event, including claims for Liability caused in whole or in part by the negligence of the Released Parties. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liability which any may be incurred as the result of such claim.

I hereby warrant that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of the minor, my spouse, children, parents, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement freely and voluntarily, without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of the Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity of any remaining provisions.

PRINTED NAME OF PARTICIPANT: _____ AGE: _____ DATE OF BIRTH: ___/___/___

PARTICIPANT SIGNATURE _____ DATE: _____

As the parent and/or Legal Guardian to the minor identified above, I hereby accept and agree to all the terms and conditions of the Agreement in connection with the minor's participation in the Event(s). If, despite this Agreement, I, or anyone of the minor's behalf,

makes a claim for Liability against any of the Released Parties. I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

PARENT/GUARDIAN SIGNATURE (required if participant is under the age of 18): _____ Date: _____