



4th Mohican Duathlon 800 Meter Swim & 5K Run

7117 MacArthur Boulevard, Bethesda, MD 20816

Saturday, September 4, 2010 at 8am (Registration and Warm-Up Begin at 7am)

Swim Caps for all entrants!

Multiple Prize Categories, including: Individual, Tag Team, Age Group, Parent/Child, Member/Non-Member.

All proceeds to benefit the Mohican Swim & Dive Team.

You must complete every field to register.

_____ Individual Entrant OR _____ Tag Team Entrant

Entrant's Name (1) _____

Tag Team Entrant (2) _____

Mailing Address _____

City _____ State _____ Zip Code _____

Phone Number _____ E-Mail _____

Sex (please circle one) (1) Female / Male (2) Female / Male

Age (on Sep 4, 2010) (1) _____ (2) _____

Waiver of Liability (must be completed by every team member)

I understand and acknowledge that swimming and running are HAZARDOUS sports. I understand that swimming and running involves risk of injury to any and all parts of my body. I hereby certify that I am physically fit and have no medical conditions or allergies that affect my ability to participate in this event. For myself, my heirs, executors, administrators, legal representative, assignees, and successors in interest (collectively "Successors") I HEREBY WAIVE, RELEASE, DISCHARGE, HOLD HARMLESS, PROMISE NOT TO SUE AND INDEMNIFY the Mohican Swimming Pool Assn.(MSPA), its agents, servants, employees, officers, (the "Released Parties") FROM ANY and all rights and CLAIMS INCLUDING CLAIMS ARISING FROM THE RELEASED PARTIES' OWN NEGLIGENCE, which I have or which may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with this event, or travel to or from this event. If any dispute arises between you and any of MSPA's officers, directors, employees, agents or other participants in MSPA activities, you agree to submit the dispute to binding arbitration in accordance with the Commercial Arbitration Rules of the American Arbitration Association ("AAA"). Such arbitration shall take place in Montgomery County, Maryland before a single arbitrator agreed upon by the parties, or selected by the AAA in absence of such agreement. The prevailing party shall be entitled to recover its actual monetary losses; however the Arbitrator shall not award incidental, consequential, multiple, punitive or special damages or otherwise make any provision, finding of fact, rule, order or award that would provide the prevailing party with greater than such party's actual out-of-pocket losses. I HAVE READ THE ABOVE WAIVER OF LIABILITY, I UNDERSTAND IT AND WITH MY SIGNATURE I AGREE TO ALL OF ITS TERMS AND CONDITIONS. IN ADDITION, I HAVE READ THE RULES AND REGULATIONS OF THE BLUE RIDGE RELAY AND AGREE TO ABIDE BY THEM.

#1 _____
(please print 1st entrant's name) (date) (please sign your name)

#2 _____
(please print 2nd entrant's name) (date) (please sign your name) (Guardian Signature if under 18)

FEE: \$25 if received on or before 8/13/10 (\$35 after 8/13/10) Amount enclosed \$_____

Payable to: Mohican Pool Swimming Association; Leave Completed Form and Check at Mohican Pool or mail to Rick Calder, 5700 Mohican Road, Bethesda, MD 20816

Questions please e-mail Rick Calder at rickcalder@comcast.net