



SANDMAN TRIATHLON

.5 mile SWIM - 15 mile BIKE - 4.2 mile RUN

Sunday, August 7, 2005

9:00 A.M.

Seacliff State Beach

The Course: .5-mile ocean swim in the Monterey Bay, moderate 15-mile bike course through Aptos, Seascapes, and Rio Del Mar then return to Seacliff State Beach for a 4.2-mile beach run. All events start and finish at Seacliff State Beach.

Divisions: Individual: Male and Female:
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+
Teams: Male, Female and Co-Ed Clydesdales: Men 200 lb., Women 150 lb.

Awards: Awards will be given to the top finishers in each division.

Entry: **Online \$65.00 individual, \$100.00 team**
NO REFUNDS!! Race is limited to *500 entrants. NO CONFIRMATION BY MAIL.

USAT: Participants must be USAT members or purchase a 1 Day USAT membership. Call 1-719-597-9090 or WWW.USATTRIATHLON.ORG for details.

Check-in: ***Check-in available at Club Aquatic Sport Saturday, August 6, 2005 12:00PM-5:00PM**
1716 Brommer Street, Santa Cruz, CA 95062 831-475-3025
*Check-in Race-Day between 7:00 and 8:30 on Sunday, August 7, 2005
Pick up race number, cap, and have bike checked in at the lower parking lot of Seacliff State Beach by **8:45AM**.
THE RACE STARTS AT 9:00AM SHARP, and will go in 3 waves 5 minutes apart!

Benefit: Proceeds used to benefit the Santa Cruz State Lifeguard Association, Santa Cruz State Junior Lifeguards, Ride-A-Wave Foundation, Local Athletic Teams, and other nonprofit organizations.

Aid: Aid stations providing water available on the course. Food and drinks are available near the transition area. First aid station is located at the transition area.

Bike Check: All bicycles must be safety checked and pass inspection at race day check-in.

INFORMATION: WWW.SCSLA.ORG

20th ANNUAL

SANDMAN TRIATHLON ENTRY FORM

Entries should be done online at WWW.ACTIVE.COM or mail a check payable to **SCSLA**.
Teams: Please enclose separate entry forms for each team member in a single envelope.

Sandman Triathlon
665 14th Avenue
Santa Cruz, CA 95062

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email _____

Male: _____ Female: _____ Age: _____ Date of Birth: _____

Tee-Shirt: Medium Large X-Large

USAT # _____ Exp. Date _____ Pending _____

All participants are required to show USAT membership card at registration.

Circle
Category

Individual

Clydesdale

Team

Male

Female

Co-Ed

For a USAT membership application call 1-719-517-9090. Please allow 30 days for processing of your application, SCSLA can process application by enclosing the fee.

USAT
12 month membership(contact USAT) **\$30**
1 day membership **\$9**
Teams (each member 1 day) **\$9**

Registration Fee
\$65-individual
\$100-Team Total amount enclosed \$ _____
Make Checks Payable to: **SCSLA**



SANDMAN TRIATHLON

SANDMAN TRIATHLON

Santa Cruz State Lifeguard Association
665 14th Avenue
Santa Cruz, CA 95062
831-476-4992

SCSLA



RULES AND REGULATIONS

1. Registered participants only!
2. All swimmers must wear swim cap provided in race bag.
3. No fins, snorkels or swimming aids allowed, wetsuits strongly advised.
4. Hard shells helmets (ANSI approved) mandatory on bike leg.
5. Drafting is not allowed.
6. Only standard bikes allowed (no tandems or recumbent).
7. Shoes required during run.
8. No individual support vehicles or crews allowed anywhere on the course. Marshals, Lifeguards, CHP, and first-aid personnel with authorized vehicles will monitor course.
9. Race numbers inked on left upper arm and left thigh, race numbers must be worn and visible during the bike and run.
10. All participants are responsible for knowing and following race rules and additional information given in pre-race instructions on race day.
11. Race director has the final authority to remove or disqualify participants from the race.
12. USAT Triathlon competitive rules will be in effect.
13. All participants must be USAT members.

COURSE DESCRIPTION

OCEAN SWIM – .5 Miles

Start-West end of the pier, Swim around the cement ship and then head south approximately to a buoy in front of the transition area.

BIKE COURSE - 15 Miles

Leaving the transition area, crossing the footbridge and entering Rio Del Mar parking lot left turn onto Aptos Beach Drive, stay to the left onto Spreckles Drive. **STOP** and turn right onto Soquel Drive. **STOP** and turn left onto Trout Gulch; stay to the right onto Valencia Road continue up until Cox Road, take a left onto Cox. From Cox Road take right onto Day Valley Road continue on Day Valley Road until it intersects with McDonald Road. Left onto McDonald Road then, a right onto Freedom Boulevard continue up and over the overpass. Turn left onto Bonita Avenue. **STOP** and turn right onto San Andreas Road. **Stop** and turn right onto Seascape Boulevard. Turn right onto Sumner Drive. **STOP** at Sumner/Clubhouse intersection and go straight through. **STOP** at Rio Del Mar Boulevard and turn left. At the base of hill, the intersection of Rio Del Mar and Aptos Beach Drive continue around parking lot back onto footbridge and into the transition area.

BEACH RUN - 4.2 Miles

From the transition area, enter the beach and run north to the New Brighton Campground parking lot. Run through the campground and back to the beach for the return trip to the transition area. Congratulations, if you have made it to this point you finish the Sandman Triathlon.

READ THIS DOCUMENT (THE "WAIVER AGREEMENT") CAREFULLY BEFORE SIGNING. THIS WAIVER AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING A FUTURE LAWSUIT.

I understand and acknowledge that I am legally agreeing to the statements in the following paragraphs of this Waiver Agreement by affixing my signature below and that these statements are being accepted by USA Triathlon (hereinafter "USAT") in consideration for (i) allowing me to become a member of USAT, (ii) issuing me a single event license or permit, and/or (iii) permitting me to participate in any USAT sanctioned event; and I further understand and acknowledge that my statements are being relied upon by race sponsors, organizers, administrators, volunteers and other parties defined below as the "Released Parties."

1. I acknowledge that a triathlon, duathlon, or other multi-sport event (hereinafter "Event") is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property damage. I acknowledge and agree that it is my responsibility to determine whether I am sufficiently fit and healthy enough to safely participate in an Event, and I attest and certify that I am or will be sufficiently fit and physically trained to participate in any Event which I elect to enter. I have no physical or medical condition which would endanger myself or others if I participate in any Event, or would interfere with my ability to safely participate in any Event. I accept responsibility for the condition and adequacy of my competition equipment and my conduct in connection with any Event. I understand and acknowledge the dangers associated with the consumption of alcohol and/or drugs before, during and after any Event and I recognize that consumption of alcohol and/or drugs might impair my judgment and/or motor skills. I assume full responsibility for any injury, loss or damage associated with my consumption of alcohol and/or drugs.

2. On behalf of myself, my executors, administrators, heirs, next of kin, successors and assigns, and anyone else who might sue on my behalf, I HEREBY WAIVE, RELEASE, and FOREVER DISCHARGE USAT, all Event sponsors, Event producers, Event staff, administrators, officials, contractors, vendors, and organizers (including race directors), volunteers, all other persons or entities involved with an Event, states, cities, towns, and other governmental bodies and locations in which an Event or portions of an Event takes place, and the officers, directors, employees, agents, insurers, other participants and representatives of all of the above (collectively, the "Released Parties"), from any and all claims, causes of action, damages, losses (economic and non-economic), and liabilities of every kind (collectively "Claims"), for death, personal injury, or property damage, which may arise out of, result from, or relate to my participation in, or my traveling to or from, any USAT sanctioned Event, including but not limited to any Claims for theft, damage to any equipment, negligence, partial or permanent disability, Claims relating to the provision of first aid, medical care, medical treatment, or medical decisions (at an Event site or elsewhere), and any Claims for medical or hospital expenses.

3. I acknowledge and ASSUME ALL OF THE RISKS and aspects of an Event. I acknowledge that running, bicycling, swimming and other portions of an Event are inherently dangerous and I understand that I will be participating in an Event at my own risk, that I am responsible for the risk of participation in an Event, and that I am waiving and releasing my legal rights to sue for any injury or damages arising out of or resulting from my participation in an Event. I further understand that any injury or damages incurred may be the result of negligence, omission or carelessness by the Released Parties.

4. I FURTHER COVENANT and AGREE NOT TO SUE any of the Released Parties for any of the Claims that I have waived, released, or discharged herein. I AGREE TO INDEMNIFY and HOLD HARMLESS the Released Parties from any and all expenses incurred, Claims made, or liabilities assessed against them, including but not limited to attorneys' fees and litigation expenses, arising out of or resulting from, directly or indirectly, in whole or in part, my breach or failure to abide by any part of this Waiver Agreement, my breach or failure to abide by any of USAT's Competitive Rules, and my actions or inactions which cause injury or damage to any other person.

5. I AGREE to abide by 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 AGREE that prior to participating in an Event I will inspect the race course, facilities, equipment, and areas to be used, and if I believe or become aware that any are unsafe, I will immediately advise the Race Director. I FURTHER GRANT to Event organizers, USAT, and their licensees the right, permission, and authority to use my name, voice, picture, or photograph, in any broadcast, telecast, commercial advertisement, promotion, or other account of an Event, and I WAIVE any rights to future compensation to which I might otherwise have been entitled for such use.

6. The parent or legal guardian who signs the Waiver Agreement on behalf of a minor, incapacitated and/or mentally challenged person (hereinafter "Said Person"), hereby acknowledges that he or she has the legal capacity and authority to act on behalf of Said Person to legally bind Said Person to the Waiver Agreement. The parent or legal guardian who signs the Waiver Agreement agrees to indemnify and hold harmless the Released Parties for any expenses incurred, Claims made, or liabilities assessed against them, as a result of any insufficiency of legal capacity or authority to act on behalf of Said Person in the execution of the Waiver Agreement.

7. If any provision of this Waiver Agreement shall be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Waiver Agreement and shall not affect the validity and enforceability of any remaining provisions.

(Athlete or Participant)

Print Name: _____ **Signature:** **X** _____ **Date:** _____

Age: _____ **Date of Birth:** _____

(Parent or Legal Guardian for Persons under Eighteen (18) Years of Age or Legal guardian of incapacitated and/or mentally challenged person)

Name of Guardian: _____ **Signature:** **X** _____ **Date:** _____

Relationship to Minor or incapacitated and/or mentally challenged person: _____