

WAIVER AND RELEASE

Assumption of Risks and Liability Waiver Agreement:

I know that canoeing, biking and running are potentially hazardous activities and I should not participate in these events unless I am medically able and properly trained. I hereby represent that I am in good health and in proper physical condition and that 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 **Rock River Adventure Triathlon**. I acknowledge and agree that my participation in the **Rock River Adventure Tri** is of my own volition and that I am participating in the event willingly. I agree to abide by all rules and instructions given to me in connection with the event, participate in a safe and reasonable manner, and abide by any decision of a race official relative to my ability to safely compete in this event.

As a participant in this event, I expect to take part in physical activity which may create foreseeable or inherent risks of injury to my person and/or personal property. I assume all risks associated with running in this event that may cause bodily injury or loss and personal property damage or loss that may arise during and/or as a result of participation in this event, including, but not limited to, falls, terrain, equipment, weather conditions, lack of hydration, river conditions, contact with other participants, the effects of the road and vehicular traffic on the course, all such risks being known and appreciated by me.

Having read this agreement and knowing these facts, in consideration for my ability to participate in the event, I, for myself and anyone entitled to act on my behalf, waive and release the Rockin' River Fest, Oregon Chamber of Commerce, Oregon Together, Oregon Park District, City of Oregon, the organizers of the "Rock River Adventure Tri", plus all event partners, property owners, sponsors and volunteers, and their representatives, officers, employees, agents and successors from all claims or liabilities of any kind arising out of participation in the race even though the liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

In the event that I should need medical treatment for any issue arising from participation in this event, I will assume all costs of the necessary treatment and hereby consent to receive medical treatment that may be deemed advisable in the event of an injury, accident and/or illness during my participation.

X _____
Participant Signature Today's date
(18 Years or older or Parent/Guardian)



After the Tri, stick around for the third annual Rockin' River Fest in Oregon! This festival, staged on the beautiful banks of the Rock River, includes live music, local food vendors, adult beverage garden, games for kids, bags tournament, tug across the Rock competition, and other fun activities! Wristband for admission is provided for Rock River Adventure Tri participants. Come join the fun from noon to 11 p.m.

Visit www.rockinriverfest.net for more information.

This year part of your registration fee will go to the Oregon Park District Scholarship fund.

The Oregon Park District believes that every child should have an opportunity to participate in recreation programs regardless of financial hardship. For this reason the Oregon Park District offers scholarships to OCUSD students for reduced program rates according to financial need. For more information please check out www.oregonpark.org.



OREGON
Park
District

A detailed course map, directions and more information will be on www.rockinriverfest.net & www.active.com



06-15-19

5K Run 10 Mile Bike 5 Mile Paddle

For Ages 16 & Over

Triathlon starts promptly at 8:30 am
120 N. River Rd
Oregon, IL 61061
www.rockinriverfest.net
Email: rockinriverfesttri@gmail.com

Rock River Adventure Triathlon 2019

EVENT DESCRIPTION: Over the river and through the woods, the Third Annual Rock River Adventure Tri is a run-bike-paddle event that takes participants on an epic, all-terrain journey through the back-drop of Northwest Illinois' most scenic landscapes. Flowing rivers, sandstone bluffs, towering pine stands, and off-road trails are sure to make this a highlight of your summer race schedule! The Tri includes a three-mile trail run, ten-mile bike ride, and five-mile paddle. All participants receive free entry into the Oregon Rockin' River Fest held later that day.

TIMING: This a timed event; transitions will not be timed.

REGISTRATION FEE: \$60 per person or \$65 after June 2nd and shirts will not be guaranteed after that date. Entry forms may be dropped off or mailed to the Rockin' River Fest P.O. Box 69, Oregon, IL 61061, or participants may register online or www.active.com.

REGISTRATION DEADLINE: Participants must register by June 2nd to be guaranteed a shirt. Online registration closes on June 13th. Day-of registration will be accepted.

ENTRY FEE INCLUDES: Shirt, awards for top finishers, water on the course, post-race refreshments and entry in to the Rockin' River Fest.

AWARDS: Awards will be given to the top 3 overall male, female, and team finishers. Award ceremony will start at approximately 11:00 a.m. at Castle Rock State Park boat landing.

TEAMS: Teams will consist of 2 people who will each complete the run and bike and will share a canoe or kayak.

RESULTS: Results will be posted at www.tri-3events.com.

RACE DAY CHECK IN: Check in will begin at 6:30 a.m. at Park East (120 N. River Rd, Oregon, IL 61061). There will be no early packet pick up. **All** participants must check in no later than 8 am. Announcements will be made before the race begins promptly at 8:30 a.m.

PARKING: NE corner of River Rd. & Mix Ln., across from OREGON PARK EAST.

RACE OUTLINE: After a mass start at Oregon Park East at 8:30am, participants will **run** north on a (roughly) 3 mile trail and stair run through the forests of Lowden State Park, home of the 40 foot Blackhawk Statue, before returning to the start point to transition to **bikes**. The bike route is (roughly) 10 miles of rolling, scenic landscape with only a few short climbs. Upon returning from the bike ride, participants will park their bikes, get into their canoe/kayak, and launch down the Rock River for a (roughly) 5 mile **paddle**. The takeout, FINISH LINE, and awards will be at Castle Rock State Park boat landing, south of Oregon on IL Rt. 2. There, participants will receive a free shuttle for boats and racers back to Park East, where bikes and cars are parked.

Rules and Regulations:

- All participants are required to cooperate with race marshals.*
- The triathlon begins with the run promptly at 8:30 am.*
- Helmets are mandatory and all competitors must have their helmet on and chin strap buckled when on their bike.*
- Lif jackets are mandatory and all competitors must have the lif jacket on and all straps, zippers, and buckles secure.*
- Ride on the right and pass on the left when necessary. Shout "Left" when passing.*
- Water will be provided on the running course. Please bring a water bottle for the bike ride.*
- No headphones or iPods.*
- All roads will be open to traffic throughout the race.*

Don't have a canoe, kayak, or bike? You can rent one for the race!
Visit www.whitepelican.biz to rent gear!

Entry Form

One form per participant. Registration is also online at www.active.com

Name: _____

Address: _____

City, State, Zip: _____

Phone number: _____

Email: _____

Sex: M F (Circle One)

Age on day of race: _____ Birth date: _____

Minimum age is 16 and requires consent from parent or guardian.

Shirt size: S M L XL XXL

In the event of an emergency please contact the following persons in the order presented:

Emergency Contact: _____

Emergency Number: _____

Emergency Contact: _____

Emergency Number: _____

Cost:

Individual: \$60 or \$65 after June 2nd

Teams: \$60 each member or \$65 each after June 2nd. Teams will consist of 2 people who will each complete the run and bike segments and will share a canoe or kayak. Teams will be ranked separately.

Team Name: _____

(If applicable)

Please make checks payable to Rockin River Fest. Drop off or mail registration to Rockin River Fest, P.O. Box 69, Oregon, IL 61061.

____ Cash ____ Check

_____ →