TriFury Triathlon Club and Merrimack Valley Striders

Swimmer Permission and Release

I, the undersigned, do hereby give my consent to participate in the outdoor swims beginning from the Stiles Pond in Boxboro, Silver Lake in Wilmington, and other locations. Said swims are presently scheduled to begin in May 2006 and run through September 2006. I fully understand that swimming is an inherently dangerous activity and fully assume the risks associated with such participation including, by way of example, and not limitation, dangers of drowning, cramping, hypothermia, and exhaustion. I understand that these group swims do not have a lifeguard on site and other attendees are not trained nor are they responsible for performing lifesaving techniques. I agree to not swim alone. I assume the risk of any and all personal injuries to myself and others that may occur as the result of my participation in any individual and group instructional, training, sport or exercise activity including, without limitation, activities with instructors, employees, agents, principals, officers, or individual members of TriFury or the Merrimack Valley Striders and the use of theirs or others wetsuits and other related training equipment. I agree to take responsibility and precautions to assure that I am at all times wearing or I am otherwise equipped with any and all necessary safety equipment, including but not limited to a wetsuit, goggles, and a brightly colored swim cap.

I acknowledge that by signing this document, I have assumed risks and agree to indemnify, not to sue and hereby waive, release, discharge and hold harmless the organizer of these group rides, namely, TriFury, the Merrimack Valley Striders, and any of their employees, agents, sponsors, principals, officers, volunteers, and individual members or anyone acting on their behalf from any and all liability, claim, demand, action or cause of action, of whatever kind or nature, either in law or equity, arising from or by reason of any bodily injury or mental injury, known or unknown, including death, resulting from my use of any equipment or participation in any individual or group swim activity provided, supported or sponsored by TriFury and/or the Merrimack Valley Striders at any location or venue.

I expressly agree that every term and provision of this release is intended to be severable, and if any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

I further state that I am over eighteen years of age and have carefully read the above release and know the contents of the same and sign this release as my own free act.

Date: _____ Signed: _____
Print Name: _____ Address:_____

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