



COMPLETE AN IRONMAN IN A MONTH!

Swim 2.4 | Bike 112.0 | Run 26.2

Awards given to all participants

February 1-29, 2012

Semper Fit Center & Main Base Pool

Miles can be gained at the pool or beach, at the gym, on the road

\$5 to Enter

[\$15 for a T-shirt]

Call the Semper Fit Center for more details

254-7597

Or the Main Base Pool at 254-7655
mccshawaii.com/semperfit.shtml



Semper Fit TRY-ATHLON

2 0 1 2

ENTRY FORM

PLEASE PRINT CLEARLY IN INK & COMPLETE FULLY

NAME _____ PHONE _____ GENDER _____ AGE _____ SHIRT SIZE* _____

*SHIRT SIZES: S M L XL (ALL ADULT SIZES)

ENTRY FEE: INDIVIDUAL \$5

T-SHIRT: \$15

NUMBER OF EXTRA T-SHIRTS @ \$15 EACH (ALL ADULT SIZES): S___ M___ L___ XL___

TOTAL ENCLOSED \$ _____

MAKE CHECKS PAYABLE TO: **MCCS 0910** All checks must have Name, Current Address, Two Phone Numbers and Rank (if applicable)

MAIL TO: **MCB HAWAII • BOX 63073 • KANEOHE BAY, HI 96863-3073 • ATTN: ATHLETICS/FITNESS**

MCBH MAJOR COMMAND:

- | | | |
|----------------------------------|---|--------------------------------------|
| <input type="checkbox"/> HQBN | <input type="checkbox"/> CAMP SMITH | <input type="checkbox"/> CLB-3 |
| <input type="checkbox"/> 1/12 | <input type="checkbox"/> MCAS | <input type="checkbox"/> 3D RADIO BN |
| <input type="checkbox"/> CPRW2 | <input type="checkbox"/> HQ 3D MARINE REG | <input type="checkbox"/> MAG-24 |
| <input type="checkbox"/> 1/3 | <input type="checkbox"/> 2/3 | <input type="checkbox"/> 3/3 |
| <input type="checkbox"/> MALS-24 | <input type="checkbox"/> HMH-362 | <input type="checkbox"/> HMH-363 |
| <input type="checkbox"/> HSL-37 | <input type="checkbox"/> OTHER _____ | |

HOLD HARMLESS AND WAIVER OF LIABILITY AGREEMENT

In consideration for me and/or my son/daughter to participate in The Marine Corps Community Services (MCCS) **SEMPER FIT TRY-ATHLON** on Marine Corps Base Hawaii, Kaneohe Bay (hereinafter called event), I hereby take the following actions for myself or anyone else who might claim or sue on my behalf:

I acknowledge that the event includes running, biking and swimming activities and is an arduous test of a person's physical and mental limits and carries with it the potential for death by drowning or collision, serious injury, and property loss; (b) I acknowledge that certain detrimental physiological changes may occur while I participate in the event, including but not limited to heat exhaustion and stroke; abnormal heart beat; abnormal blood pressure; and, in rare instances, heart attack; (c) I acknowledge that there may be other participants in the event and that their actions and the equipment that they operate may be unpredictable; (d) I certify that I am physically fit and have not been advised against participation in the event by a qualified health professional; (e) I agree that, prior to participating in the event, I will inspect the event facilities, equipment, and areas to be used and if I believe any are unsafe, I will immediately advise a person supervising the event; (f) I assume all risks associated with the event, including, but not limited to adverse road conditions; falls; contact with other participants, effects of weather, defective equipment, water conditions, my personal physical condition; motor vehicles on the event course; and lack of hydration; and (g) In connection with the event, I forever release from all liability under the Federal Tort Claims Act, acquit and discharge from all known obligations, losses, damages, liabilities, injuries, claims, demands, actions, causes of action and expenses, including without limitation, attorney's fees and costs, the following persons or entities: United States Government including MCCS and the United States Marine Corps, and the employees, representatives, sponsors and agents of the above. I grant permission to MCCS the right to use any photograph/video/digital image/recordings taken of me or my child at this event, together with the right of reproduction, for MCCS marketing and promotional purposes.

Signature

Date

Parent/Guardian Signature

Date