

Waiver of Liability *(mandatory)*

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act on my behalf, release and discharge the McDowell Trails Association, McDowell and Burke County, and NC State Parks plus sponsors, vendors, promoters, managers, directors, officials, agents, employees, and volunteers of this event from any and all claims of injury or liabilities of any kind, illness or damages suffered by me as a result of my participation in or traveling to or from this event. I know that this is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by the decisions of a race official relative to my ability to safely compete in the activity.

I assume all risk associated with taking part in this event, including but not limited to falls, contact with other participants, the effect of weather (including high heat and humidity) conditions on the course, all risk being known and appreciated by me. I realize this is a strenuous event which requires proper physical condition and good health. I also give permission for the free use of my name and picture in any written account, broadcast or telecast of this event for any legitimate purpose.

Signature (guardian if <18)

Date: _____



Lake James State Park is located in Burke and McDowell counties, five miles northeast of Marion on NC 126.

Traveling east on I-40

From I-40, take the Nebo/Lake James exit (exit 90) and head north.

After a half mile, turn right onto Harmony Grove Road, and follow it for 2 miles to a stoplight. Proceed straight across the intersection and past Nebo Elementary School to a stop sign.

Turn right onto NC 126, and follow the signs to the park entrance on the right, after you cross the bridge.

Traveling west on I-40

From I-40, take the Dysartsville/Lake James exit (exit 94) north for 0.5 mile to a stop sign.

Turn left onto US 70 and follow it for 1.5 miles.

Turn right onto Bridgewater Road and travel 1.2 miles.

Turn left onto Benfield's Landing Road, and follow it for 2 miles to a stop sign.

Turn right onto NC 126, and follow the signs to State Park entrance.

McDowell Trails Association

PO Box 1325
Marion, NC 28752

Event Contact Information:

Stacey Burch, Event Coordinator
Phone: 828-652-2922 x224
Cell: 828-442-0400
Email: sburch@rpmhd.org
www.mcdowelltrails.com

McDowell Trails Association

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***1st Annual
MTA Triathlon
@ Lake James***



**Saturday
July 24, 2010
8:00 am**

**Lake James
State Park**

MTA TRIATHLON @ LAKE JAMES STATE PARK — JULY 24, 2010

MTA Triathlon

Please check appropriate box below.

Team Name
(at least 1 female)

Age Group	Male	Female	Team Name (at least 1 female)
<input type="checkbox"/> 19 and under			
<input type="checkbox"/> 20-24			
<input type="checkbox"/> 25-29			
<input type="checkbox"/> 30-34			
<input type="checkbox"/> 35-39			
<input type="checkbox"/> 40-44			
<input type="checkbox"/> 45-49			
<input type="checkbox"/> 50-54			
<input type="checkbox"/> 55-59			
<input type="checkbox"/> 60-64			
<input type="checkbox"/> 65-70			
<input type="checkbox"/> 70+			

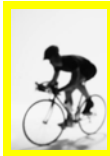
SWIM: 750 meters>> open water in Lake James



Race Date: Saturday, July 24, 2010

Race Time: 8:00am start

BIKE: 22 miles>> 4miles on state park property, and a 18 mile loop with gentle, rolling hills and marvelous views of Lake James



Open To: Ages 14 and older

Divisions: Individual— Male & Female
Team— Male, Female & Co-Ed

RUN: 3.1 mile>> mostly trail (with minimal on pavement) on state park property



Awards: Top Finishers in each Age Group for Male & Female
Top Male, Female, and Co-Ed Team Awards presented at picnic shelter at the end of race (approx. 12 noon)

Lunch: Post-race lunch provided to participants during award ceremony

CHILDREN/FAMILY EVENT:

What? Family Trail Walk & Scavenger Hunt

When? Immediately after race begins (approx. 8:10am)

Where? Meet at the last covered picnic shelter

Cost? **FREE** to everyone of all ages!!

★ Bring the kids and join us for a morning of fun, physical activity and learn some interesting facts about nature and Lake James.

Sponsored by McDowell County Smart Start & WIC programs

MTA Statement of Purpose:

To partner with any agency, organization, or group of individuals to establish greenways, blueways, and non-motorized trails in McDowell County

**Camping is available at Lake James State Park. Check out their website to reserve online www.ncparks.gov and scroll to "Lake James".

Race Packets may be picked up at Lake James State Park office area:

Friday, July 23, 2010 5:30-7:30pm

Saturday, July 24, 2010 6:00-7:30am

Race Information:

- >Race Start @ beach swim area
- >Limited to first 200 registering
- >T-shirt guaranteed for all pre-registering
- >Helmet required for cycling portion
- >NO DRAFTING
- >Full roster results will be available by Lee Timing, Co & posted on MTA website
- >First Aid/water stations available & 1 sag stop on ride

****** Are you interested in being on a "team", but don't have team-mates? PLEASE contact Stacey @ 828-442-0400 or sburch@rpmhd.org!! I have a list of others looking for team-mates, and can randomly place you on a team!!!**

Name: _____
Address: _____
City: _____ State _____ Zip _____
Phone:(home) _____ (Race Day) _____
Emergency Contact: _____
Emergency Phone Number: _____
Age: _____
Parent/Guardian Signature(if<18): _____
Team Member Names:(all must sign/submit waiver) _____

Adult T-shirt size:(indicate quantity)

__ S __ M __ L __ XL

Circle amount enclosed:

\$45/individual or \$75/team

*Online registration available at

www.active.com

Make checks payable & mail forms to:

MTA

PO Box 1325

Marion, NC 28752

NO REFUNDS. FORMS MUST BE RECEIVED BY JULY 22 TO AVOID \$5.00 FEE FOR RACE DAY REGISTRATION.