

Course Description and Distances

Due to the popular success of this event, the course had to be moved. The new location, 8901 S. 154 St., is at Wehrspann Lake (papiionrd.org) and Chalco Hills Recreation Area. With this new venue, we are able to offer a new flexible format. Since this event is noncompetitive and is not timed, each participant can self-determine the length of the event they want to do during the bike and the walk/run.

Swim 100 YARDS

Wet suits, kickboards, pull buoys and life jackets are allowed.

The swim is a triangular course. Swim it any way you desire. This is a lake swim . . . whatever is needed for you to complete the swim is permitted. Small heats will be formed to allow for a liberating swim experience.

Bike 2-MILE, 4-MILE or 6-MILE

Bicycle helmets are required!

The bike will be two-mile loop on a road located on the west side of the park. Each participant can determine if they want to do 1, 2 or 3 loops. Use any type of bike desired, just make sure you wear a bike helmet during the entire ride.

Walk/Run ½-MILE, 1-MILE or 1½-MILE

The walk/run is an out-and-back course on a trail on the west side of the lake. The course turn-around will be marked at the ¼-mile, the ½-mile and the ¾-mile. Each participant can determine if they want to complete the ½-mile, the one-mile or the 1½-mile run/walk. After completing the event some refreshments will be available, so you can enjoy the morning with fellow participants and cheer those still on the course.

*** In case of poor weather, the event may be modified or delayed, but will not be cancelled.**

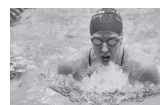
Title Sponsor: **METHODIST**

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Corporate Sponsors:

We appreciate the assistance from sponsors and hope you consider their services in the future.

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U.N.O. Mavericks Women's Swimming & Diving 2010-2011 Season Schedule

Oct. 8	Home vs Univ. Nebraska Kearney
Oct. 16-17	at University of Alaska-Fairbanks
Oct. 23	at Iowa State
Nov. 19	at University of Minnesota-Mankato
Dec. 3-4	Home Mutual of Omaha Invite
Jan. 15	Home vs Northern Iowa
Jan. 21-22	at Grinnell College Invite
Jan. 28	Home vs Univ. Nebraska Lincoln
Jan. 29	at Univ. Nebraska Kearney
Feb. 16-19	Conference Championships at UNO
Mar. 9-12	NCAA Division II Nationals at San Antonio, TX

Register Today!

Don't miss your chance to experience this fun fitness event—and tell everyone you competed in a triathlon! Make copies of this form and invite your mothers, daughters and friends to participate.



Cut and mail in

Registration Form

Entry Fee

Entry fee is \$20.00. No refunds.
Check payable to **May Women Club**.
Entries must be postmarked by August 18.
Late and race-day registration is \$30.

MAIL THE ENTRY TO:

UNO Swim Team, 6001 Dodge, Omaha, NE 68182
For more information call 554-2346,
or e-mail tsamland@unomaha.edu

Individual Information

NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE _____

E-MAIL for future mailings _____

T-shirt size: **ADULT** S M L XL
YOUTH S M L XL

T-shirts

Those entries postmarked by August 18 can pick up their t-shirt at race check-in. Participants who sign up after August 19 must pay \$30, with t-shirts mailed to them. Additional t-shirts for team members may be purchased at \$10 each.

I'm competing as part of a team

NOTE: If you wish to be in a team, mail three copies of the registration form—one for each member—in one envelope. Moms participating with daughters with any part of the event must also register for the event!

TEAM SWIMMER'S NAME: _____

T-shirt size: **ADULT** S M L XL
YOUTH S M L XL

TEAM CYCLIST'S NAME: _____

T-shirt size: **ADULT** S M L XL
YOUTH S M L XL

TEAM WALKER'S/RUNNER'S NAME: _____

T-shirt size: **ADULT** S M L XL
YOUTH S M L XL

Heat order

Heat order will be determined by receipt date of registration form, ie. 1st received, 1st swim. If you would like a confirmation of your projected start time, then **include a self-addressed stamped postcard with the registration form.**

Accident Waiver and Release of Liability (must be signed)

I acknowledge that this athletic 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 loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating &/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me including my traveling to and from this event, the University of Nebraska at Omaha, the Papio NRD, their directors, officers, employees, volunteers, representatives, and agents, the event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releases or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event.

This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand its content. SIGN: _____ DATE: _____

PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity, and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties on behalf of the minor and the parents or legal guardian

PRINT NAME OF MINOR _____ AGE _____ SIGNATURE. If under 18 years old, parent or guardian must sign. _____ DATE _____

PRINT NAME OF MINOR _____ AGE _____ SIGNATURE. If under 18 years old, parent or guardian must sign. _____ DATE _____

PRINT NAME OF MINOR _____ AGE _____ SIGNATURE. If under 18 years old, parent or guardian must sign. _____ DATE _____



Get wet. Get pedalling. Get out and join us ...

The Methodist Hospital / UNO Women's Triathlon SATURDAY, AUGUST 28, 2010

the
Methodist Hospital/UNO
Women's Triathlon

A FUN, FRIENDLY FITNESS EVENT FOR WOMEN



If you've ever wanted to participate in a triathlon, the Methodist Hospital/UNO Women's Triathlon is the perfect place to start! This is a fun, non-competitive introduction to the sport—no rigorous training required. We won't be recording your times or giving awards, so the pressure's off. It's all about participating in a fun fitness event for women of all ages—so bring your mom, your daughter, or your best friend and try the sport! Even if you're a triathlon veteran, this event is the perfect way to challenge yourself—and challenge a friend to compete with you.

**All proceeds will go to the UNOmaha Women's Swimming and Diving Team
to assist with their travel during the 2010-2011 season.**

Saturday, August 28, 2010

Check-in begins at 7:00 a.m.
Mandatory event meeting at 7:50 a.m.
First group will start at 8:00 a.m.

**Wehrspann Lake/Chalco Hills
Recreation Area**

8901 S. 154 St., Omaha, NE
www.papionrd.org