



Spring Base Camp
March 2nd – 4th, 2018

Name: _____

Address: _____ City _____ St. _____ Zip _____

Phone _____ Email Address _____

DOB ____/____/____ USAT# _____

Emergency Contact (including ph#) _____

CAMP FEE: \$355

All camp activities including:

- SAG support on each ride
- Professional coaches on rides. Coaches are open to and welcome questions throughout camp!
- Ride nutrition, hydration and recovery snacks
- Friday dinner
- Saturday breakfast and lunch
- Sunday breakfast

Not included:

- Saturday dinner – on your own or as a group
- Lodging - we have blocks of rooms held at a discounted rate close to camp meeting location.

Make Checks Payable to: **Tri-Now** *mail to:* **PO Box 181373 Dallas, Tx. 75218**

Disclaimer: In consideration of the acceptance of this registration entry, you represent and warrant that you are the parent or legal guardian of the said participant and have the legal authority to enter into this agreement on their behalf, or you are the registrant. I, the registrant, assume full and complete responsibility for any injury or accident, which may occur during my participation in the event, or while I am on the premises of this event. Tri-Now.com requires that you consult with your physician before following any training instructions you receive through Tri-Now.com or the coaching services provided by Frank Cortese. Neither Tri-Now.com nor Frank Cortese are licensed medical care providers and represent that they have no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. Tri-Now.com and Frank Cortese are not prescription systems and are not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury and or death. You should never disregard medical advice or delay in seeking it because of something you have read or heard from Tri-Now.com. Tri-Now.com and Frank Cortese are not responsible for any health problems that may result from training programs and/or plans you receive from Frank Cortese. If you engage in any training program and/or plan you receive through Tri-Now.com or Frank Cortese, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Tri-Now.com and Frank Cortese from any and all claims or causes of action, known or unknown, arising out of the negligence of Tri-Now.com or Frank Cortese. You agree to indemnify and hold harmless Tri-Now.com and Frank Cortese for any loss, liability, claim, damage, and expenses (including reasonable attorneys' fees) brought by you, anyone acting on your behalf, or any third party, in any way arising from or in connection with your use of the information or services you receive through Tri-Now.com or Frank Cortese. Tri-Now.com and Frank Cortese are not responsible for the accuracy, reliability, effectiveness, or correct use of information you receive through the Tri-Now.com web site, or for any health problems that may result from training programs, products, or events you learn about through Tri-Now.com or associated coaching services. Tri-Now.com and Frank Cortese do not certify content or endorse any information supplied by other companies for our Web site. PLEASE

NOTE: Not all exercises are suitable for everyone. Before you begin following any training instructions, programs and/or plans you receive from Frank Cortese, you should have permission from your physician to participate in vigorous training. If you ever feel discomfort or pain, do not continue. The instructions and advice presented by Tri-Now.com and Frank Cortese are in no way intended as a substitute for medical counseling. Limitation of Liability: Tri-Now.com, Frank Cortese, and their affiliates and sponsors are neither responsible nor liable for any direct, indirect, incidental, consequential, special, exemplary, punitive or other damages arising out of or relating in any way to the Tri-Now.com Web site or the coaching services provided by Frank Cortese, and/or content, or information contained within the web site, within training camps, and/or content or information contained in e-mails from Frank Cortese in furtherance of such coaching services. Your sole remedy for dissatisfaction with the services provided is to stop using those services. Waiver and Indemnity: Your use of any services and information obtained through Tri-Now.com, including but not limited to the coaching services of Frank Cortese, certifies that you have read this Agreement and hereby for yourself, your heirs executors and assigns, waive, release and hold harmless Tri-Now.com and Frank Cortese from any and all claims, demands, liabilities, rights or causes of action arising out of or in connection with participation in activities proscribed by the aforementioned parties. You agree to defend, indemnify, and hold Tri-Now.com, Frank Cortese, and their officers, directors, employees, agents, licensors, and suppliers, harmless from and against any claims, actions or demands, liabilities and settlements including without limitation, reasonable legal and accounting fees, resulting from, or alleged to result from, your violation of the terms and conditions of this Agreement. I, the registrant, assume full and complete responsibility for any injury or accident, which may occur during my participation in the camp, or while I am on the premises of this camp. I assume the risk associated with this camp, including but not limited to high heat and/or humidity, the conditions of the roads, all such risks being known and appreciated by me. I understand that activities will take place on open roads not closed to traffic. I have been told that this area is remote and that medical facilities are more than 2 hrs away.

 Participants Name

 Parent or Legal Guardian Signature

 Date