

Accident Waiver and Release of Liability:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in a canoe/trail bike/trail run event, including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the Jailbreak Triathlon, or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, including all claims for loss or damages caused by the negligence, active or passive, of the following: Columbia Cycling Club, Maury County Parks and Recreation, event sponsors, the canoe companies, or any individuals volunteering or supervising such activities. In addition, I agree to abide by and be governed by the rules set forth. Finally, I specifically acknowledge that I am aware of all the risks inherent in canoeing, transporting the canoe, trail biking and running and agree to assume those risks.

Partner #1:
Signature _____
If under 18, parent should sign

Partner #2:
Signature _____
If under 18, parent should sign

Name: _____

Name: _____

Street Address: _____

Street Address: _____

City/St/Zip: _____

City/St/Zip: _____

Phone: _____ Age on 9/24/16: _____

Phone: _____ Age on 9/24/16: _____

Sex: **Male / Female** (circle one)

Sex: **Male / Female** (circle one)

T-shirt size (circle one): **Small Medium Large**
X-Large XX-Large

T-shirt size (circle one): **Small Medium Large**
X-Large XX-Large

Emergency Contact _____

Emergency Contact _____

Emergency Phone: _____

Emergency Phone: _____

If racing as a TEAM, both partners will participate in all three events, canoe-bike-run, and the times will be combined for awards. If racing as a RELAY both will canoe, one partner will bike, and the other will run when the bicyclist finishes. Team Males with combined ages of 80 or more should choose to race as "Team Male/Male 80+."

We will race as a (circle one): **Team Male/Male Team Male/Male 80+ Team Male/Female Team Female/Female**
Relay Male/Male Relay Male/Female Relay Female/Female

In an attempt to minimize the quantity of passing needed on the single-track bike course, we will seed the canoes in groups according to mountain biking ability. If Team, rate the fastest cyclist; if Relay, rate the cyclist (check one):

- _____9. Ranked as a Cat 1 XC (Expert) currently. USAC # _____
- _____8. Ranked as Cat 2 XC (Sport) currently. USAC# _____
- _____7. Raced as Cat 1-2 in prior years but not this season, or prior year Jailbreak bike time under 47 minutes
- _____6. Have raced mountain bike as a Beginner or off-road event and placed in the top half of my class
- _____5. Have raced mountain bike as a Beginner or off-road event and placed in the bottom half of my class
- _____4. Minimal racing experience but I have over 100 miles of trail practice and generally keep up with competitive friends
- _____3. Have ridden less than 100 trail miles but in competitive condition and do not have to dismount much
- _____2. Have practiced trails some, but dismount at tough spots and steep hills
- _____1. I am truly a beginner or very slow; put me in the slowest group

PRE-REGISTRATION ONLY; \$110 BY SEPT. 3 (Postmark date) if mailed; **\$100 for online registration via ACTIVE.COM** (search "Jailbreak"). **Price increases to \$120 on Sept. 4 (\$110 online). Price increases to \$150 online on Sept. 17.** After Sept. 10 registration is online only. Registrations are accepted in the order received. Entry fee is refundable (less Active fee) if canceled by Sept. 11, or, if we can replace your spot from a waiting list. Please call Jeff Yeager to cancel (615) 618-3446. Entry fee includes a long sleeve T-Shirt, canoe rental and food for the entire family afterward. This race is limited to the available canoes. It fills up, so register early!

Make checks payable to Columbia Cycling Club. **Envelope must be postmarked September 10 or before.** Mail to: Columbia Cycling Club, 1116 W. 7th St. PMB 127, Columbia TN 38401.

Check-in 7:30; Depart 8:30; First Wave Start 9:30; First Finishers 11:15; Lunch 12:00; Awards 1:00

TEAM OR RELAY Participants must compete with a partner so that two people will be in the canoe. If both want to do the full triathlon, then sign up as a TEAM: Partners should not stick together after the canoe portion; your finish times will be combined (added together) for finish results. Alternatively you may compete as a RELAY: Partners canoe together, and then one person will continue on the bicycle while the running partner waits for the bicyclist to return. When the bicyclist finishes, he or she will tag the runner to begin the run course. Team and Relay partners will compete at the same time, but scoring results will be separate.

NO PERSONAL CANOES ALLOWED Two-person canoes from neighboring rental businesses are being provided as part of the entry fee. No personally owned canoes will be allowed for this event. Personally owned single blade paddles and life jackets are allowed. Participants will need to be physically able to carry the canoe (80 lbs.), along with their partner, down an embankment to the river. Canoes and paddles will not all be identical. In fact, some canoes will be aluminum and others fiberglass or composite. Entrants must accept these shortcomings as a condition of registering.

3.5-MILES ON THE DUCK RIVER The canoe start will be near the Maury County Jail (thus the name). We will start in waves of about 30 canoes. The person in the back of the canoe hangs on to a rope strung across the river. Waves will begin 6 or 7 minutes apart. Expect the canoe trip to take 40+ minutes. Participants will need to wear shoes, water shoes, or mountain bike shoes and expect them to get wet. Life jackets must be worn; the rental companies will provide them but personally owned jackets are allowed.

8-MILE MOUNTAIN BIKE ON SINGLE TRACK The bike course will be one loop of the Chickasaw Trace Park trails minus two difficult climbs. It is almost all single-track trails in woods. There are plenty of technical (difficult and challenging) sections. After two miles the course takes on several tough climbs. Riding the course in advance is encouraged. **Participants must gain some mountain bike experience on trails before racing.** Beginners are welcome, but first-timers on trails may be pulled from the race. Approaching riders must be allowed to pass. Passing is generally accomplished by the approaching rider announcing, "On your left," or "I need by," and the lead rider conceding. Helmets must be worn.

2.5-MILE TRAIL RUN The run section is on the flattest and easiest portion of the mountain bike trail. There are some terrain challenges and a long, gradual incline in the second mile. We do not expect bikes to be on the same trail portion at the same time as runners except as a backup plan if a trailer of canoes does not show. If this occurs we ask bicyclists to announce their approach and pass carefully. Relay Runners: Expect to wait 40+ minutes for your partner to return from biking. You may get wet on the canoe trip, so be prepared to stay warm with a towel or blanket or a change of clothes. Actual distance is about 300 feet short of 2.5-miles.

TRANSITIONS At the end of the canoe, strip off the company provided life jacket and leave it in the area. Those who will be biking will run about 100 yards from the boat ramp to transition. Bikes will be laid on their side in a grass transition area. Bicyclists will return to the same area to tag his or her relay partner or to begin the run. Carry your personally owned life jackets and paddles to transition.

CHECK IN AT CHICKASAW TRACE; WE WILL TRANSPORT YOU TO THE CANOE START Participants will park and check-in at Chickasaw Trace Park. At 8:30 a.m. participants will load into the vans to be transported to the put-in. Canoes will have numbers taped on them that correspond to racer's bib number. The start time of the race is uncertain, but hopefully by 9:30.

NO PLACE FOR SPECTATORS AT THE CANOE START Spectators will be able to watch transitions and much of the first mile of both the run and bike. There will be no place to park at the canoe start. Therefore we ask that spectators remain at Chickasaw Trace Park and not move the cars. Bring a lawn chair.

AWARDS Teams and Relays will be scored separately. Based on the previous year's attendance trophies will be awarded to Females three deep, Mixed four deep, Males six deep. A prize will be presented to the fastest individual male and individual female in the Team competition.

DIRECTIONS AND CHECK-IN Chickasaw Trace Park is the check-in point and it is located at 1419 New Hwy. 7, Columbia TN, 4.5-miles from Hwy. 31 in Columbia. If traveling from Hwy 412, take the Hwy 7 exit toward Santa Fe, go 3 miles (on left). Arrive by 7:45 a.m.! Signs and volunteers will direct you. For more information on the park and better directions, see www.ColumbiaCyclingClub.com/mtb_park.asp

ACCOMMODATIONS Free primitive camping at race site. See website for motels.

BAD WEATHER POLICY In the event of inclement weather, high water or significant mud the race may be canceled and \$50 returned to each person. The canoe portion may be canceled and the event reduced to a duathlon and \$15 return upon check-in. Heavy rains prior to, or at the race start time may cause the race director to modify the bike and run course as deemed appropriate for the conditions. An alternate course may be shorter than the advertised distances.



COLUMBIA ORTHOPEDIC CLINIC (Dr. James Wiesman, M.D.)
 DR. SHAUN CORBIN, M.D. (E.N.T.)
 MAURY COUNTY CONVENTION & VISITORS BUREAU
 MAURY COUNTY PARKS AND RECREATION
 Printing Donated by Shelter Insurance

PARTNER CANCELS If your partner gets sick or has to bow out after registering, substitutes may be recruited. The preferred method would be to fax an application for the substitute to Duane Leach at his office at 931-981-6111. We can also make these arrangements at the check-in table the morning of the event. Changing classifications can also be arranged in the same fashion. You may also cancel for a full refund if notified by Sept. 13 or replacement from a waiting list is successful. Please call Jeff Yeager at 615-618-3446 to cancel.

KNOW THE COURSE We will work hard to make the course clear and inform our volunteers, but as with all races, participants are responsible for knowing the course. Pre-riding the bike course is recommended. Maps for the trails are located at the Club's website and sign at the MTB parking area near the front of the park. The race will closely follow the standard loop on the map except that it will start by the Duck River. A rocky section of the Creek Trail, the last climb in the Trail of Tears, and the Narrows will be skipped. The shortcuts are marked with permanent signs. The run course will consist of the River Trail, Ravine Loop and lower Woodland Trail.

GENERAL INFORMATION Columbia Cycling Club is the host for this triathlon. For FAQ's, additional rules, and confirmation of registration visit the website: www.columbiacyclingclub.com The race is co-directed by Gale Moore, 931-388-6290, galecourtneymoore@cpws.net and Ben Shapiro, 931-215-5511, jbs38401@yahoo.com

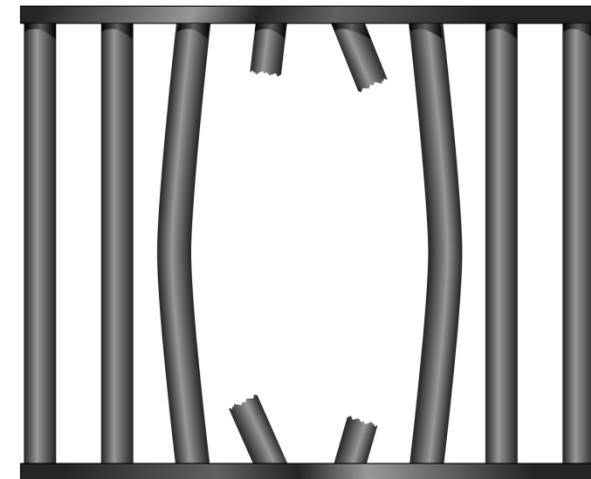
Proceeds from this race will go to the Columbia Cycling Club, a non-profit organization dedicated to encouraging exercise opportunities in the community.

Event Invitation: The Club invites you to its next event, the Scarecrow Century on October 15, 2016 from Mt. Pleasant, TN. Enjoy some of the best places to ride in Tennessee.

JAILBREAK

SEPTEMBER 24, 2016

3.5 mi. Canoe
 8 mi. Mt. Bike
 2.5 mi. Trail Run
 Columbia, Tennessee



TRIATHLON

Two-person Team
 (combined finish times)

or

Two-person Relay
 (canoe together, then one bike, the other run)

CANOES PROVIDED!

\$50 each person (on-line by 9/4/2016)

Conducted by the Columbia Cycling Club
www.ColumbiaCyclingClub.com