

Mayor Avis and Town Counsel  
Town of Fort Frances  
320 Portage Avenue  
Fort Frances, Ont. P9A 3P9



Dear Mayor Avis:

My name is Jeff Tilbury and I am representing a group who would like to organize a Aquathlon event, at the Point Park this September 8, 2013. An aquathlon consists of a swimming and running portion to it. The swim will be approximately 700 to 750 meters and we would like to set up the swim course to start and finish near the public dock by the Rendez -Vous. After completing the swim, participants will make their way to a transition zone to change into running shoes and then do a 5 km run (out and back) along the water front turning around at the Sorting Gap Marina. Course markings will not be permanent, marking will consist of flags or arrows which can be removed after the event. Any marking on the road will be done in marking chalk that will disappear after a few days of weather.

I have spoken with Jason Kabel the Community Programs Manager with the Town and he is willing to provide lifeguard assistance as required. Lifeguards will be on duty to watch the swimmers and marshalls will be set up to watch and assist runners on the run course. The event will be non sanctioned but will require that all participants sign a legal waiver indicating that they are aware of the risks involved in participating and agree not to take any legal action against or hold anyone liable should anything negative happen to them during the event. We will have person trained in First Aide on site and will notify the Ambulance, police and fire services of the details and date of the event.

I would ask is if the town would allow me or put up no parking signs in the morning of the event along Lake Road, where it ends at the Public dock to where it meets with Idylwild Drive. This would be to ensure that I can utilize this area for the transition zone run course and finish area.

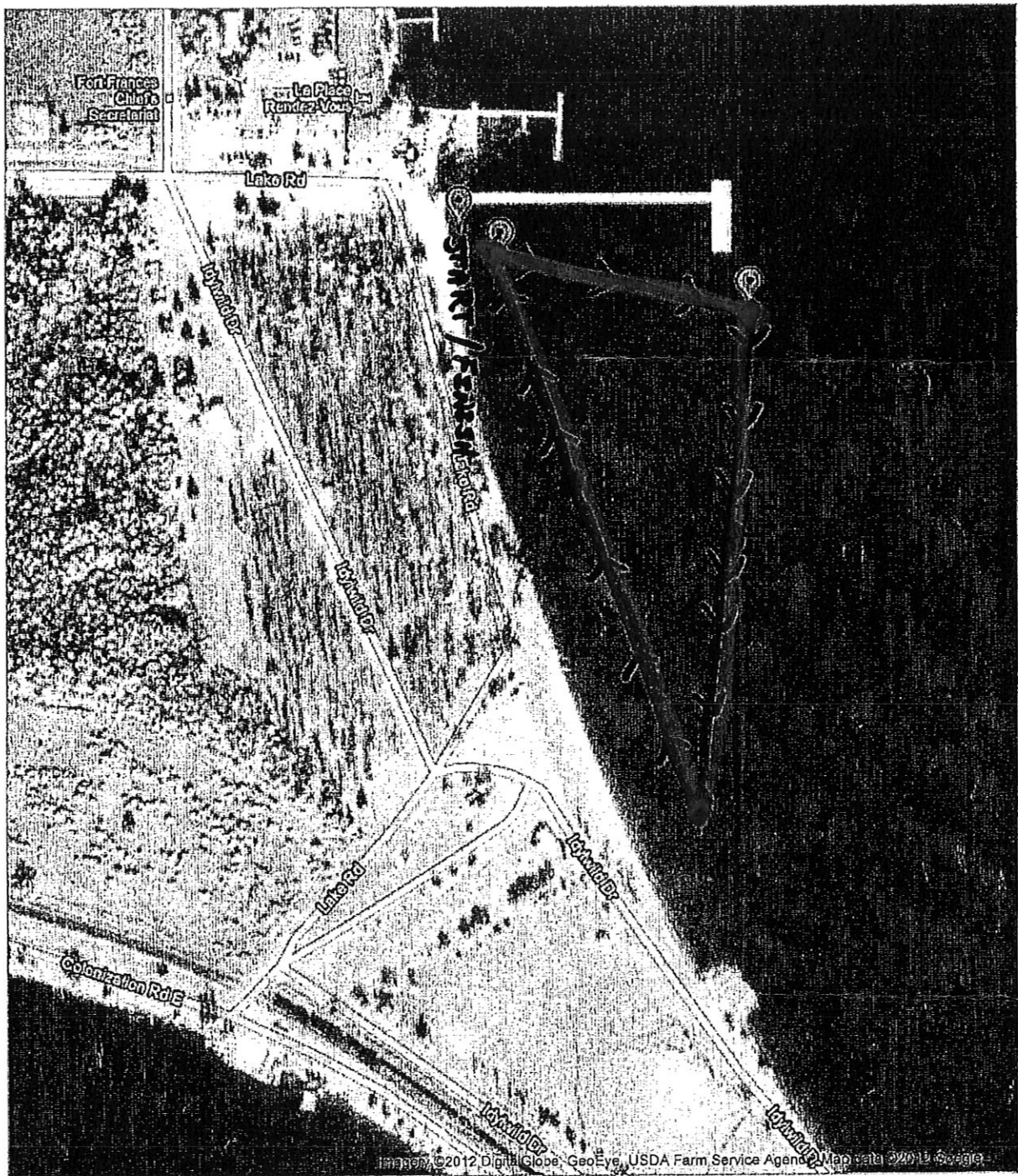
The last request is to seek your approval and permission to utilize the Point Park, use the sidewalk to traverse over the Hwy 11 Over pass and to utilize the paths along the water front for the run section, for this event.

Please review the information attached which outlines all courses and routes that are being proposed for this event.

Should you have any questions or concerns, or require any further information please contact me at 274-6848 or email [jwtilson@shaw.ca](mailto:jwtilson@shaw.ca)

Sincerely  
  
Jeff Tilbury  
Race Organizer.

Google



Untitled

Line 1

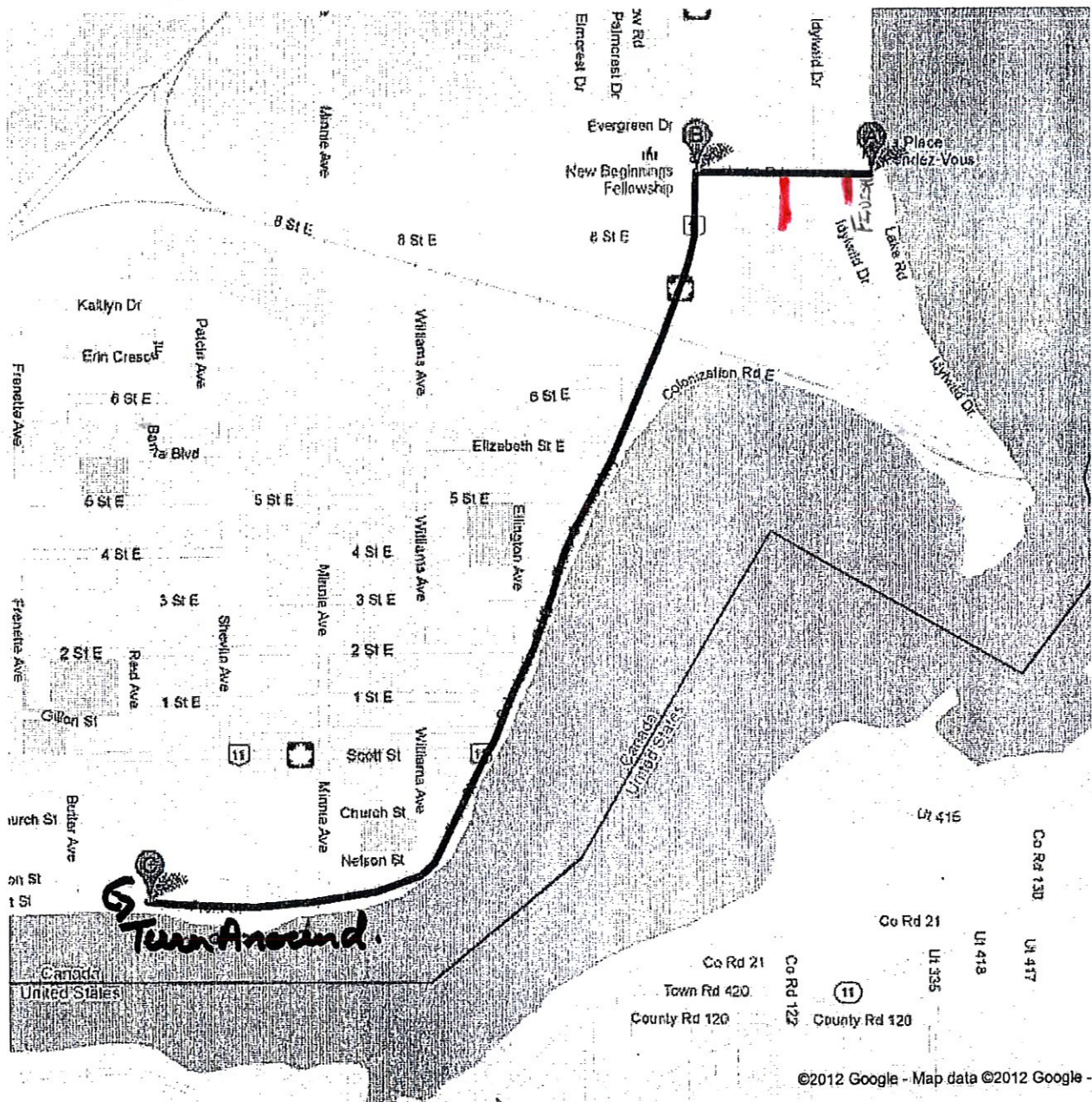
Buoy

SWIM  
COURSE.



Google

Directions to Front St  
2.5 km – about 4 mins



5KM Run Course.

# Fort Frances, Aquathlon

750 M Swim, 5 km Run

September 8, 2013 9:00 am Start

Pithers Point Park



Cost \$25 individual or \$30 for a team (swimmer and runner)

Cash Payment Only

## Event Schedule

Swim course open for warm from 7:45 am to 8:40 am. You Must be body marked and registered before entering the water for warm up.

Swim Course Closes 8:40 am

Race Instructions 8:45 am.

Swim Start 9:00 am

## Contact Information

Jeff Tilbury 274-6848

[jwtilson@shaw.ca](mailto:jwtilson@shaw.ca)

## WAIVER AND RELEASE FROM LIABILITY

This is a binding legal agreement. By signing this form you give up important legal rights.

### PLEASE READ CAREFULLY and SIGN

#### AWARENESS AND ACKNOWLEDGEMENT OF RISKS

In consideration of my participation in such programs, activities and events, I hereby acknowledge that I am aware of the risks and hazards associated with or related to the sports of aquathlon and all related activities that may result in personal injury, death, property damage, expense and related loss to myself. The risks and hazards of aquathlon include, but are not limited to injuries as a result of:

- ☐ Entering the water by either diving, running or jumping;
- ☐ Spending extended times in pools or lakes including bacterial infections and rashes;
- ☐ Physical contact with other participants while swimming including crowding, pushing, kicking and punching;
- ☐ Water conditions such as currents, waves, water temperate and water clarity;
- ☐ Physical contact with pool walls or lake and ocean rocks and bottoms;
- ☐ Physical contact with other participants while swimming and running;
- ☐ Road conditions, terrains and vehicular traffic while running;
- ☐ From one's failure to stay within the designated course area while running;
- ☐ Falling while running;
- ☐ Strenuous cardiovascular workouts, and/or exerting and stretching various muscle groups;
- ☐ Psychological factors such as anxiety;
- ☐ Changing weather conditions;
- ☐ Dehydration and/or fatigue; and
- ☐ Negligence of other participants.

#### ACCEPTANCE OF TERMS AND CONDITIONS

*In consideration of the acceptance of my entry in the Fort Frances Aquathlon I agree as follows:*

1. I hereby agree to comply with all the rules and regulations and event instructions of the Fort Frances Aquathlon and its Director;
2. I have sole responsibility for my personal possessions and athletic equipment during the Fort Frances Aquathlon and its related activities.
3. I attest that I am physically fit and can complete the Fort Frances Aquathlon.
4. That in the event of a race cancellation due to a storm or other "Act of God" my entry fee will be non-refundable.

#### WAIVER AND RELEASE FROM LIABILITY

In consideration of my participation in Fort Frances Aquathlon I for myself, my heirs, executors, and administrators, HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE the event organization, their directors, officers, members, employees, coaches, officials, volunteers, race directors/organizers, agents, sponsors, funding partners, and owners/operators of the facility/venue, Government of Ontario, Town of Fort Frances, Couchiching First Nation FROM ANY AND ALL CLAIMS AND DAMAGES I may have against them, their representatives, successors and assigns, in respect to death, illness, injury, or loss or damage to my person or property, HOWEVER CAUSED, that I may sustain as a result of my participation in this event.

**BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREED to the above AWARENESS AND ACKNOWLEDGMENT OF RISKS, TERMS AND CONDITIONS and WAIVER AND RELEASE FROM LIABILITY AND HAVE EXECUTED THIS AGREEMENT VOLUNTARILY.**

Please print name clearly:	Signature:	Date
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Please print name clearly:	Signature:	Date
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