



Lonestar Multisport Club Presents Triathlon Swim Program

May 11, 2009 – July 6

The **Lonestar Multisport Swim** is designed for triathletes of all abilities

The eight week program is designed to improve one's fitness and tri specific skills as it applies to the swim portion of the event.

Weekly group swim workouts are held on Monday evenings at 8:00 at the new CISD Natatorium beginning on Monday, May 11 and ending on July 6 (no swim on 5/25).

For current Lonestar members the program cost is \$56

For more information, go to www.lonestarmultisport.org or contact Dana Lyons at dana@coachlyons.com

Coaches: Lead coach is Dana Lyons, a USAT Certified Coach and top master's triathlete. Richard MacNamee is a former British elite triathlete.

To register, complete the attached form and mail to; Dana Lyons, 71 S. Flagstone Path Cir., The Woodlands, TX 77381 along with check made out to Lonestar Multisport Club. (participant can bring form & payment to NAT on 5/11 but **MUST** contact Dana prior to May 8th)

Lonestar Multisport Club Triathlon Swim Program – May 11, 2009

Name _____ Gender: M F Age _____ USAT# _____
Address _____ E-mail _____
City/State/Zip _____ Cell _____ Home _____

In consideration of this acceptance for participation in the Lonestar Multisport Club Triathlon Swim Program for 2009 I hereby acknowledge that Lonestar Multisport Club, its officers, directors, agents, representatives, volunteers, and sponsors cannot assure my safety during participation in the Lonestar Multisport Club Triathlon Swim Program. I recognize that participation in the Lonestar Multisport Club Triathlon Swim Program exposes me to risks any of including, but not limited to, running, biking, or swimming-related injury and detrimental effects of heat and pollution while participating. I certify, represent, and warrant that I am in proper physical condition in order to participate in the Lonestar Multisport Club Triathlon Swim Program. I, for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE AND SAVE HARMLESS Lonestar Multisport Club and loss or damage, to my person or property, howsoever caused, arising or to arise by reason of or during my attendance at or participation in the Lonestar Multisport Club Triathlon Swim Program, whether as a participant or otherwise and whether or not in consequence of my following in any program of diet and or exercise on the recommendation of the aforesaid; whether prior to, during, or subsequent to said attendance or participation AND NOT WITHSTANDING THAT ANY SUCH CLAIM MAY HAVE BEEN CONTRIBUTED TO OR OCCASION BY THE NEGLIGENCE OF ANY OF THE AFORESAID. I also give permission for the free use of my name, voice or picture in any broadcast, telecast, newspaper article, report, advertising, or marketing promotion. I hereby agree to abide by all rules, policies, procedures, and instructions of the program and the people conducting it. I understand that program fees may not be credited to other Lonestar Multisport programs.

Signature of participant or parent/guardian

Date

PAYMENT OPTIONS

CASH
Amount _____

CHECK # _____
Amount _____

Please make checks payable to *Lonestar Multisport*.

PROGRAM FEES ARE NON-REFUNDABLE