



Dolphin Club

Escape From Alcatraz Triathlon

October 2, 2010

Welcome to the 2010 30th running of the Dolphin Club Escape from Alcatraz Triathlon-the original ESCAPE FROM ALCATRAZ. Your participation in this event will be an experience to remember. This race is one of the oldest traditions in the sport of triathlon. In addition, it is a great opportunity for both the Dolphin and South End Clubs to experience a challenging day together.

We welcome your participation and want to encourage as many members as possible from both clubs to enjoy this grand sporting event. This event would not be possible without the many volunteers that turn out each year. If you don't participate in the race, please consider volunteering or piloting. ***You must be a member of either club for at least 6 months to participate.***

In order to expand the participation from both clubs we are encouraging relay teams that can be comprised of 2, 3, or 4 participants. The categories of results that will be recognized at the post race banquet have been significantly expanded.

Everyone that completes the event will be recognized at the banquet. Individuals that complete the full event will receive a commemorative brass belt buckle and a special t-shirt. Finishers may also purchase or receive a distinctive Escape From Alcatraz lapel pin instead of their belt buckle.

The prestigious Silver Belt Buckle will be awarded to the fastest men and womens finishers.

Other categories that will be recognized include:

1 st Female Cruiser (over 150 lbs)	1 st Relay Team	Fastest Swim Segment
1 st Male Cruiser Class (over 200 lbs)	1 st Women's Relay	Fastest Bike Segment
All Virgin Escapees	1 st Men's Relay	Fastest Run Segment
Youngest Participant	1 st Mixed Relay	
Oldest Participant		

A banquet and awards ceremony will be held at the Dolphin Club at 5:00 pm on the evening of the event. The banquet is free for all participants, pilots and volunteers. Guests are welcome (\$5.00/ kids under 12 are free). Please join us for this celebration!

Registration and additional information contact:

Race Directors
Mark/Sunny McKee
smckee@trिसunny.com

Event Rules

All participants must be a member of either the Dolphin or South End Clubs and:

Swim

Swimmer must be a member of either club for at least 6 months

Must have a current Pacific Masters Swim (PMS) card

Attend the briefing at the Dolphin Club the morning of the event

Be transported to the start by approved craft

Wear an approved “day glow” orange cap

Enter Aquatic Park at the “opening”

Finish at the Dolphin/South End Beach

Transition to bike at the Dolphin/South End Clubs

You may use a wetsuit or fins, but you will be in a “class of your own”

Bike

Start at the Dolphin/South End Clubs

Wear a hard shell helmet

Obey all traffic rules (this is **not** a closed course!)

Cross the Golden Gate Bridge on the West Side, unless directed otherwise

Finish at Old Mill Park

Run

Check in at all aid stations, Old Mill Park, “Mail Boxes”, Cardiac Hill and Stinson Beach
Know the trail in advance. There will be no additional markings.

Do not leave any trash on the course

Finish at Old Mill Park.

Other

Final times for race day briefing, boat loading and jump off will be posted 1 week before the event.

If you are not swimming in club swims or you have been a member for less than 6 months (and want to do the swim), **you must notify the Race Director before September 18th**. You will be able to swim an equal to Escape swim in the cove and also be in a “class of your own”.

The Race Director has final discretion over all applications, participants, event course decisions and results.



Dolphin Club Escape From Alcatraz Triathlon October 2, 2010

ESCAPE FROM ALCATRAZ

___ Individual Entry (\$95 before 9/18/10, \$110 after 9/18/10)

___ Relay Team Entry (\$95 before 9/18/10, \$110 after 9/18/10)

Relay Team Name _____

Relay Team Captain _____

Team Member #2 _____

Team Member #3 _____

Team Member #4 _____

Relay teams need to submit one application, team fee and the Release & Waiver for one member (team captain) to be registered. Applications and waivers for remaining team members must be submitted prior to 9/27/08. Relay teams will receive 1 t-shirt for each participant, belt buckles may be purchased at awards dinner, and all relay team members are welcome at awards dinner at no additional charge.

Number of banquet attendees: ___ Participants (free)
 ___ Guests (\$5)
 ___ Kids (under 12 free)

All race applications must be submitted by 9/25/10 (one week prior to race). Applications and relay team substitutions during the final week prior to event at Race Director's discretion.

Full refunds for any participants prior to 9/25/10.

Entry fee (checks only) must accompany application

Overview must be read AND WAIVER MUST BE **signed and included** with application and entry fee

All applications are subject to approval by the Triathlon Committee.

No applicants under 18 accepted.

EVENT LIMITED TO 50 INDIVIDUALS & 10 RELAY TEAMS

Mail *completed Application with check (PAYABLE TO THE DOLPHIN CLUB) and signed Release & Waiver* form to:

**Sunny McKee
Dolphin Club/Escape Triathlon
502 Jefferson Street
San Francisco, CA 94109**

Application

Personal Information:

First Name _____ Last Name _____

PMS#(required) _____

Male / Female _____ Age _____ Cruiser ____ (Female over 150, Male over 200)

Member of: **Dolphin Club** _____ **South End** _____ T-Shirt Size M L XL

Approximate date you joined the Club _____ Month _____ Year

Address _____ City _____ Zip _____

Day Phone _____ Evening Phone _____

Email _____

Emergency Contact _____ Phone Number _____

Medical Contact Name _____ Phone Number _____

Previous Dolphin Escape Races _____

Statement of Qualifications:

- List your estimated times:
Swim from Alcatraz (1.5 mi) _____
Bike to Mill Valley (15 mi) _____
Run Double Dipsea (14 mi) _____
Total estimated time _____
- Please describe any 2010 athletic performances (including club swims) in similar events: include finishing time, place and date.

- My present weekly level of training is:
Bay Swimming _____
Bicycling: _____
Running: _____
- My general physical condition is ___excellent ___good ___poor.
Medical conditions, which may affect my performance and therefore should be brought to the attention of the Triathlon Committee include:

Release & Waiver

Dolphin Club Escape From Alcatraz Triathlon: Event Description

The ESCAPE FROM ALCATRAZ Triathlon is in all respects, a combination of endurance events. The rough water swim from Alcatraz involves numerous hazards including strong currents, cold temperatures (in the 50's), unpredictable weather and water conditions, wind, poor visibility (at times), boats, sharks and other sea life. Those individuals unable to handle the temperatures of the San Francisco Bay waters should not attempt this event. Hypothermia is a real possibility.

Some of the bicycling portion involves riding through congested traffic and populated areas. One must assume full awareness and responsibility in dealing with other motorists, pedestrians, and cyclists. Bicyclists will be required to wear a protective helmet. One not experienced with riding in areas of heavy traffic should not attempt to enter this event. Beware of crosswinds on the Golden Gate Bridge.

The Dipsea run is as treacherous as, if not more exhausting than, the swim from Alcatraz. The trail is 95% severe hills involving remote, rugged, and narrow trails with constantly changing terrain (remember that you will be running the trail out and back). All participants should familiarize themselves with both the terrain and route before the event.

One should be clearly aware that this triathlon is combining competitive events with the danger of exposure to the elements of nature as well as exceptionally difficult swimming, bicycling, and running conditions. Only those individuals in top physical and mental condition should attempt to - ESCAPE FROM ALCATRAZ.

Limitation of Legal Rights: Release & Waiver

I, _____ wish to enter and participate in the ESCAPE FROM ALCATRAZ triathlon. I have read the description and signed and completed the entry form. I understand the dangers and risks of such an event and am aware of the extreme difficulty involved, even for the most conditioned athletes. I understand that I should not enter this event unless I am in excellent health and qualified for each event. Knowing these facts, I nevertheless, in consideration of your accepting this entry, hereby for myself, my heirs, and administrators, waive, release and discharge the Dolphin Club, the members of it's board, and all individual members assisting with the event, or any of them and any person connected with this event, their representatives, successors and assigns from, and all rights, claims or liability for damage for any and all injuries to me or my property or for damage caused by me or to anyone else, arising out of or in connection with my participation in this event. I fully understand that I am voluntarily assuming the risk of such damages or injuries even though I do not know what or how extensive these damages or injuries might be if they occur. I further agree that I will defend, indemnify and hold harmless the Dolphin club, its members and agents, or any of them against all claims, demands, and causes of action, including court costs and attorney's fees, directly or indirectly arising from any action or proceeding brought by or prosecuted for my benefit contrary to this agreement. This release extends to all claims of every kind and nature whatsoever, whether known or unknown, and I expressly waive any benefits I may otherwise have under Section 1542 of the civil Code at California relating to the release of unknown claims.

Date _____ Signature _____