

RELEASE AND HOLD HARMLESS AGREEMENT

I hereby acknowledge that participating in the following: San Vicente Triathlon, March 13, 2010 might result in personal, physical and or psychological injury to myself or said child.

Nevertheless knowing these facts, I the undersigned hereby for myself, my heirs, executors, and administrators (and if this form is executed by a parent or guardian on behalf of a child, then of such child, and such child's heirs, executor, and administrators) waive, release, discharge and hold harmless "San Diego Country Estates Association", its Board of Directors, Officers, Heartland Rays Swim all other persons/ organizations that are in any way connected with above said event from any and all claims, demands, actions, or causes of action on account of injury or death from participation in above said event .

I also hereby certify that I am in good condition and able to safely participate in this event. I have read the above release and waiver of liability and fully understand its contents. With this understanding, I voluntarily agree consent to the participation of myself or said child in the event.

DATE _____ SIGNATURE OF PARTICIPANT _____

DATE _____ SIGNATURE OF PARENT/GUARDIAN OF PARTICIPANT _____