

The DAM 5K

Lake Travis, Texas
Saturday November 1, 2008



ASA Sanction OW08013

Who: Adults: 18 & older. Youth: 12-17.

What: 5k open water swimming race.

Where: Mansfield Dam Park, Lake Travis, Texas.

When: 8:30 a.m. Saturday November 1, 2008. Check-in and warm-up starts at 7:45 a.m.

Why: To get/stay healthy & fit, to look good, and for fun.

Rules: 2008 ASA Open Water Rules will govern this event. No fins, snorkels, heart monitors, wristwatches, pull buoys, floats or any other artificial aids permitted.

Age Determination: A swimmer's age as of November 1, 2008 will determine the swimmer's age group.

Age Groups: The event will be contested by gender in each of the following age groups: 12-14, 15-17, 18-34, 35-49, 50-64, 65 and older. Wetsuit swimmers will be listed separately.

Eligibility: Adults 18 and older, Youth 12-17. All entrants must be 2008 ASA members in good standing.

Membership: If you are not yet a 2008 A.S.A. registered swimmer, include a completed A.S.A. 2008 Swimmer Membership Application (found at www.AmericanSwimmingAssociation.com) and check for 2008 ASA membership fee (ASA membership: \$20) along with your entry form.

Safety: Safety is our prime consideration. While there are no qualifying standards for this event, you should have previously completed a mile swim in 40 minutes or faster in order to swim this events. You should be healthy and in reasonably fit swimming shape. The Dam 5k is not the time to test your open water swimming skills. If you have any doubts about your ability to complete a 5k in a reasonable amount of time, you should not enter. There will be a 2 hour 15 minute time limit for the 5k.

Swimming in a river, lake or pond always carries some risk of exposure. Unlike swimming pools, natural waters are not chlorinated or disinfected. The risk is higher after heavy rains when bacteria levels are elevated due to fecal matter washed into the lakes and streams.

SWIM AT YOUR OWN RISK.

Escort Paddlers: Escort Kayakers are permitted and highly encouraged for this race.

Awards: Awards to the top 3 finishers in each contested age group. No awards for swimmers wearing wetsuits.

Directions: From Mopac or 360: Take FM 2222 west to RR 620. Go south (left) at 620, Travel 4.9 miles. Turn right onto Mansfield Dam Road, just after you cross Mansfield Dam. The park entrance is on your left.

From Hwy 71 & 620 intersection: Go North (right) on 620 approximately 9 miles (immediately before the dam). Turn left onto Mansfield Dam Road. The Park entrance is on your left.

Entry Fee* & Deadlines: \$36 if received on or before Thursday, October 23, 2008. Include a \$15 late fee for entries received on or between the dates of: 10/24-10/31, 2008. Race Day entry (if available) is \$55. Entry fee is determined by the date that a valid entry form, 2008 ASA membership form, and all applicable fees are received. Incomplete entries may be returned and are subject to late fees. ALL FEES ARE NON-REFUNDABLE. Late registrants are not guaranteed a t-shirt.

Volunteers: Please contact Sandy Neilson if you are interested in volunteering (on land or in the water):
327-1280 • sneils@austin.rr.com

Direct Questions & Comments to:
Dr. Keith Bell, Race Director • 327-2260

Send Entry Form and Make Fees Payable to:
Dr. Keith Bell, Race Director
The Dam 5k
3101 Mistyglenn Circle
Austin, Texas 78746 U.S.A.

All information subject to change

Questions: 512 327-2260 / info@AmericanSwimmingAssociation.com

Plan to swim other ASA events:

5/4/08 — Money Box Cap 2k Open Water Race & Pledge Swim
6/1/08 — Volente Beach Open Water Family Gala
Date TBA — 6th Annual Deep Eddy Mile
Date TBA — Quarries Open Water Festival
10/11/08 — Lake Travis Relay
10/22-26/08 — Highland Lakes Challenge

To enter or for more event information go to:
www.AmericanSwimmingAssociation.com

Entry Form
The DAM 5k
Saturday, November 1, 2008

Please Type or Print Clearly

Today's Date: ____ / ____ / ____

First Name _____ Middle Initial _____ Last Name _____

Mailing Address _____ Cell Phone (____) _____

City _____ State _____ Home or Work Phone (____) _____

Zip Code _____ Email address: _____

Birthdate Month ____ / dd / yyyy Age as of November 3 ____ T-shirt size: S M L XL XXL (Please Circle One)

ASA member: yes / no* Gender: M / F Wetsuit: y / n Drivers License #: _____ State: _____

* If you are not already an ASA member you must attach a completed 2008 membership form including appropriate fees with this entry form or your entry will be void. If you've already sent in your membership application but have yet to receive a number, then designate "pending." If including your membership application now, please check here: ASA membership form and fee enclosed

Monster Challenge Applicants:

Name of Kayaker _____ Ph: _____ Email: _____

Mile Time: _____ Please circle: 1650y 1500m Open Water Longest Event Completed & Time: _____

COMPETITORS UNDER THE AGE OF 18 MUST HAVE THE "WAIVER AND RELEASE OF LIABILITY" SIGNED BY A PARENT OR LEGAL GUARDIAN.

**WAIVER AND RELEASE OF LIABILITY
 READ BEFORE SIGNING**

In consideration of being allowed to participate in any way in the American Swimming Association, LLC swimming program, related events and activities, I, _____, the undersigned acknowledge, appreciate, and agree that:

1. The risk of injury from the activities involved in this particular program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If however I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I, for myself and on behalf of my Heirs, assigns, personal representatives, and next of kin, HEREBY RELEASE AND HOLD HARMLESS American Swimming Association, LLC, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event ("Releasees"). WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property. WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

ALL FEES ARE NON-REFUNDABLE.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature of Swimmer _____ Age: _____ Date Signed: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by

Parent/Guardian Signature: _____ Phone: _____ Date Signed: _____

CHECK LIST

- ___ Entry form
- ___ 2008 ASA Application (if not already a youth or adult member) & appropriate fees
- ___ Check for appropriate fees

Make check payable & mail or deliver form & fees to:

American Swimming Association, LLC.
 The Dam 5k
 3101 Mistyglen Circle
 Austin, Texas 78746

Questions: 512 327-2260 / info@AmericanSwimmingAssociation.com

F E E S

ENTRY FEE (if received by 10/23) \$36 _____
LATE FEE (if received on or after 10/24) \$15 _____
Race Day Entry (if available) \$55 _____
2008 ASA Membership \$20 _____
Additional T-shirt(s):
 ___S ___M ___L ___XL @ \$12 ea _____
 ___XXL @ \$14 ea _____
TOTAL FEES ENCLOSED _____



2008 ASA INDIVIDUAL MEMBERSHIP APPLICATION

Please Type or Print Clearly

Today's Date: / /

First Name		Middle Initial	Last Name	
Mailing Address			Evening Phone () () ()	
City		State / Province		Daytime Phone () () ()
Country		Postal Code		Mobile Phone () () ()
Birthdate Month	Day	Year	Age	Minor: y / n
				Circle One: Gender M F
Email				
Team			(if paying by check) Driver's Licence #:	

RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

PLEASE READ BEFORE SIGNING & BE CERTAIN YOU UNDERSTAND THE IMPLICATIONS OF SIGNING.

Express Assumption of Risk Associated with Sport, Venue Use and Related Activities

I, _____, do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with swimming, transportation of equipment related to the activities, and traveling to and from activity sites in which I am about to engage. **Inherent hazards and risks include but are not limited to:**

1. Risk of injury from the activity and equipment utilized is significant including the potential for broken bones, severe injuries to the head, neck, and back or other bodily injuries that may result in permanent disability and death.
2. Possible equipment failure and/or malfunction or misuse of my own or others' equipment.
3. I AGREE THAT I WILL WEAR APPROVED PROTECTIVE GEAR AS DECREED BY THE GOVERNING BODY OF THE SPORT I AM PARTICIPATING IN. However, protective gear cannot guarantee the participant's safety. I further agree that no helmet can protect the wearer against all potential head injuries or prevent injury to the wearer's face, neck or spinal cord.
4. Variation and/or steepness of terrain, variation or changes in surfaces including but not limited to snow surfaces, ice, bare spots, rocks, stumps, debris, cliffs, trees, fences, posts, trees, light poles, signs, buildings, roads, walkways, ramps, rails, stairs, pyramids, manual pads, bowls, half-pipes, jumps, padded and non-padded barriers, other persons, and other natural and man-made hazards.
5. My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, weather, riding surfaces or other obstacles.
6. Exposure to the elements and temperature extremes may result if frost nip, frost bite, heat exhaustion, heat stroke, sunburn, hypothermia and dehydration.
7. Dangers associated with exposure to natural elements include but are not limited to avalanche, rock fall, inclement weather, thunder and lightning, severe and or varied wind, temperature and other weather conditions.
8. Accidents or illness occurring in remote places where there are no available medical facilities.
9. Fatigue, exhaustion, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.
10. Impact or collision with other athletes, spectators, facility employees, pedestrians, motor vehicles, and cyclists.

***I understand the description of these risks is not complete and unknown or unanticipated risks may result in injury, illness, or death.**

The misrepresentation or falsification of documents sent through the US Mail is a Federal Offense as per the Mail Fraud Statute (Title 18, United States Code, Section 1341)

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in ASA, LLC's activities and related activities, I hereby agree, acknowledge and appreciate that:

1. I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE, the American Swimming Association, LLC, herein referred to as releasees.
2. To release the releasees, their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of my engaging in the above activities.
3. By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this Agreement.
4. This agreement shall apply to any and all injury, disability, death, or loss or damage to person or property occurring at any time after the execution of this agreement.

This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, I FULLY UNDERSTAND ITS TERMS, I UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Signature of Adult Participant

Name of Adult Participant (Please Print)

Date Signed:

FOR PARTICIPANTS OF MINORITY AGE: This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.

Signature of Parent or adult legal Guardian if Participant is a Minor and by their signature, they on my behalf release all claims that both they and I have.

Name of Parent or adult legal Guardian (Please Print)

Date Signed:

2008 ASA Membership Fee: \$20.00

**CONTACT US AT:
512-327-2260**

info@AmericanSwimmingAssociation.com
www.AmericanSwimmingAssociation.com

Make check payable to:
American Swimming Association, LLC (ASA)
Send completed form and check to:
American Swimming Association, L.L.C.
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Austin, Texas 78746