

# Kitsap Tri Babes

# Prance & Plunge

~Thursday January 1<sup>st</sup> 2015 ~ 10:00a.m. ~ Wildcat Lake Park ~ \$25 ~

Name:

Email:

Phone Number:

Shirt Size (Adult S – 3X):

Emergency Contact Info:

Important Medical Info:

**Waiver Which I Actually Read Word for Word:** I realize that running on the open roads around Wildcat Lake is always a dangerous proposition. But, doing so on January 1<sup>st</sup>, 2015 when the roads are likely to be icy is even MORE dicey. Therefore if I am injured or killed while participating in the “Prance” portion of this Kitsap Tri Babe winter training activity, I do solemnly swear that my injury or death is an accident that I am willing to risk. Furthermore, my death or injury is a risk for which I am willing to assume any and all responsibility. Therefore neither myself nor anyone connected to me will even consider holding Lisa J. Ballou, Kitsap Tri Babes, Tri Turtle Wellness, Kitsap County Parks and Recreation or any other person, company, agency, or entity legally, financially, or ethically liable for my injury or death.

If I am even considering participating in the “Plunge” portion of this training activity, I realize that doing so qualifies me as “crazy,” at best and “downright stupid,” at worst. I am fully aware that the lake temperature is likely to be below 45 degrees and the air temperature is likely to be below 30 degrees. Yes, throughout history, across the planet known as Earth, many other people have “plunged” into frigid water under freezing air conditions as part of some wild and wacky “New Year’s Resolution Ritual,” but simply because they lived to tell the tale does NOT mean that I will also survive to tell my story.

I know how to use “google.” Therefore I have learned that if I have an underlying heart or respiratory condition or a history of heart or respiratory disease in my family, I should check with my health care professional before plunging into frigid waters on a freezing cold day. Heck, even if I am in the best health imaginable to human kind, plunging into frigid waters on a freezing cold day could trigger or create an endless list of health problems and even death. Since this is serious stuff, I have thought carefully about the potential risks of plunging into frigid waters on a freezing cold day. I have gathered informed input (or deliberately chosen not to) from professionals whom I trust with my medical health. I have weighed the pros and cons and have decided that, for me, the pros outweigh the cons. Therefore, if ANYthing bad happens to me while plunging into frigid waters beneath freezing air, if I am medically or mentally injured in any way (including death), I will consider it my own darn fault. Therefore neither myself nor anyone connected to me will even consider holding Lisa J. Ballou, Kitsap Tri Babes, Tri Turtle Wellness, Kitsap County Parks and Recreation or any other person, company, agency, or entity legally, financially, or ethically liable for my injury or death.

***I PROMISE to take all my regular medication before attending this “Prance & Plunge” AND I promise to bring a large towel and a complete change of very warm clothing to help me recover afterwards!!!***

**SIGNATURE:**

\*Please return completed form and \$25 payment payable to “Tri Turtle Wellness” to: 2801 Cantu Ln. N.W. Seabeck, Wa 98380 \*