



Dolphin Club Escape From Alcatraz Triathlon

October 28, 2017

Welcome to the 2017 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.

In order to expand the participation from both clubs we are encouraging relay teams that can be comprised of 2, 3 or 4 participants.

Everyone that completes the event will be recognized at the banquet. Anyone that completes the full event will receive a commemorative brass belt buckle (full race participants, not relay members) 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 man and woman finishers. Other categories that will be recognized include:

Fastest swim *Fastest relay swim* *Fastest bike/run* *All Virgin escapees*

Youngest participant *Oldest Participant* *Fastest in Decade (man and woman)*

1st Female Cruiser (over 160 lbs) *1st Male Cruiser Class (over 200 lbs)*

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!

Additional information contact: Gina Bianucci Rus (reginabrus@gmail.com) or 415-497-2212

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 – attach copy to application even if you have already shown to your club
- 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 in Mill Valley – your bike will be watched until race cut off time

Run

- Starting at Dipsea steps to Stinson Beach, and back (short cuts not recommended and you take responsibility for your actions if caught)
- 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.
- Understand there are other events and many other hikers on the Dipsea Trail – be courteous
- Not leave any trash on the course
- Finish at Old Mill Park.
- No shuttle is provided back to San Francisco; arrange own transportation.
- If you miss race cut off time, please arrange for bike to be watched over.

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**. 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.



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____ Individual Entry (\$140; \$150 after 9/15/17) – Is this your first time (full race participant)? _____

____ Relay Team Entry (\$140; \$150 after 9/15/17)

Your name _____

Male/Female _____ Age and birthdate _____ Cruiser? ____ female >160; male >200lbs

How many years have you participated (full race or relay) _____

Address _____

E-mail _____ Best phone # _____

Your emergency contact the date of the event (not another participant!) _____

Relay Team Name _____

Relay Team Captain _____

Team Member _____ Team Member _____

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 9/15/17. Relay teams will receive 1 t-shirt for each participant; belt buckles may be purchased at awards dinner. All relay team members are welcome at awards dinner at no additional charge.

____ Number of banquet attendees, including ____ guests (\$5/ kids free)

- All race applications must be submitted by 10/15/17.
- Applications and relay team substitutions during the final week prior to event at Race Director's discretion.
- Full refunds for any participants if dropping prior to 9/15/17.
- Entry fee (checks only) must accompany application.
- Overview and Waiver must be read, signed and included with application.

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Your name _____

Dolphin or South End? _____ Year joined _____

Medical contact name and phone # _____

Please answer these questions as truthfully as possible:

1. What is your general physical condition _____

2. Are there any medical conditions which may affect your performance that should be brought to the attention of the Race Director?

3. Your present weekly level of training is:

> Swimming _____

> Biking _____

> Running/hiking _____

4. Can you make the cut off times, ensuring your safety and the safety of other participants and volunteers?

Swim from Alcatraz to Aquatic Park in 1 hr, 15 minutes and total race completed in 8 hours?

Yes _____

Please be aware that the race ends in Old Mill Park, Mill Valley, and that no shuttle is provided at race end back to San Francisco.

Did you:

> complete this application fully?

>> read and sign the waiver/release?

>>> attach your check made payable to the Dolphin Club?

>>>> attach your PMS card (even if the club has it already) if swimming?

Please mail or drop off completed application to Gina Bianucci Rus, Dolphin Club, 502 Jefferson Street, San Francisco, CA 94109

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 its 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.

Full and legal name _____

Signature _____ Date _____