I acknowledge that my participation in the Eastern Washington University (EWU) Iron Eagle Triathlon is voluntary and I should not participate unless I am properly trained and medically able. I am familiar with the activity and know that participating in this activity certain hazards may occur and may result in minor or serious injury, property damage and even death. In consideration of my right to participate in I.M. activities, I acknowledge and assume all risks of the activity. I recognize and acknowledge that EWU does not provide any medical insurance of any kind that will cover me while I am participating in any EWU activity. EWU recommends that I provide my own insurance coverage in case of any injury or damage sustained or caused resulting from my participation in the EWU Iron Eagle Triathlon.

**Release of Liability**

I agree to release, discharge and hold harmless the the State of Washington, Washington State Transportation Commission, The Washington State Department of Transportation, the Washington State Patrol, Eastern Washington University (EWU), the EWU Campus Recreation Department, and the employees, agents or representatives of these entities from any and all liability, claims, costs, expenses, injuries or losses including those resulting from acts of negligence that I may otherwise sustain as a result of my participation in, traveling to and from the EWU Iron Eagle Triathlon, or using EWU program services, facilities and equipment. I also release EWU from loss or damage to my person or property caused by other users of the EWU Iron Eagle Triathlon.

**Acknowledgment of Risk Statement/Waiver**

I acknowledge that my participation in the Eastern Washington University (EWU) Iron Eagle Triathlon is voluntary and I should not participate unless I am properly trained and medically able. I am familiar with the activity and know that participating in this activity certain hazards may occur and may result in minor or serious injury, property damage and even death. In consideration of my right to participate in I.M. activities, I acknowledge and assume all risks of the activity. I recognize and acknowledge that EWU does not provide any medical insurance of any kind that will cover me while I am participating in any EWU activity. EWU recommends that I provide my own insurance coverage in case of any injury or damage sustained or caused resulting from my participation in the EWU Iron Eagle Triathlon.

By signing below, I acknowledge that I have read and understand the Acknowledgment of Risk Statement/Waiver.