

## Bike and Run Training Event Week

Final bike and run training for IRONMAN 70.3 Switzerland and IRONMAN 70.3 Switzerland Relay, led by the official IRONMAN Switzerland Motocrew and Jtri Triathlon Club.

### Date

Friday, June 5th, 2020

### Meeting Point

01.00pm (bike) / approx. 03.00pm (run) in front of the ice hockey stadium, 8640 Rapperswil-Jona

### Registration

If you would like to take part in the route familiarization, please fill out the following [registration form >>](#)

### Procedure

One lap (45k) on the IRONMAN 70.3 Switzerland bike course, divided in different speed groups. Thereafter one lap (10.5k) on the IRONMAN 70.3 Switzerland run course in new speed groups.

### Parking area

Possible in the vicinity (subject to a fee), but we recommend using the public transport.

### Required Equipment

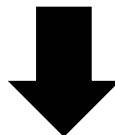
Bike and running wear, helmet (mandatory!), your own bike and bike lock.

### Nutrition

Please bring your own food and beverages.

### Waiver of Liability

Please read through the below waiver carefully, sign it and bring it with you. Of course we will have some hard copies available for you on site in case you don't have access to a printer.



## Waiver of Liability - Route Familiarizations

**I agree that:**

1. I take the full responsibility for my personal items and sport equipment and I am fully responsible for the condition and adequacy of my sport equipment.
2. The organizer is not liable for damages except in cases of intent or gross negligence.
3. The organizer will take no responsibility for health risks of the participant in connection with the participation in the event.
4. I am aware that participation in the event bears risks and that risk of serious danger and also death cannot be excluded. I acknowledge and agree that it is my responsibility to determine whether I am sufficiently fit and healthy enough to safely participate in the event.
5. I authorize the organizer to use all pictures that may be taken during the route familiarization to promote the IRONMAN Switzerland races. I am aware of the fact and accept that there may be vehicles or pedestrian traffic on the course route.
6. I am aware of the dangers associated with the consumption of alcohol and/or drugs before, during and after the event. I assume responsibility for any injury, loss or damage caused by consumption of alcohol and/or drugs.
7. I confirm that I have read through this waiver of liability carefully and that I fully comply with its content. I furthermore confirm, that I have an adequate insurance coverage.

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First Name, Last Name

.....

City, Date

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Signature