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Additional Support:

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's island slough edition **f**ea RIVER ACTION'S of the

Taming Of The Slough Mississippi River Adventure Race

Saturday, September 14th, 2013 8:00 a.m. - Empire Park - East Moline

Paddle Campbell's Island Slough (3.8 miles)

Mountain Bike Illiniwek Forest
Preserve (8.3 miles)
Urban/Off-Road Run (2 miles)

. POST-RACE PARTY WITH PIZZA AND BEER

THE RACE

- Chip Timing for immediate results and splits for each leg
- Sign up for Racing, Sport or Novice Class
 - Race individually or as a team
- You must provide your own equipment (bike helmet & PFD required) Limited **canoe and kayak rentals** available, call 563-289-5445
- Packet Pick-Up 5-7 p.m. on Friday, Sep 13 at the Bent River Brewery patio 1413 5th Ave., Moline
 - Check-In 7 a.m. at Empire Park
- The Boat (kayak or canoe): 3.8-mile loop around Campell's Island in the Mississippi River including Campbell's Island Slough
- The Bike: 3.8-mile paved ride round trip to Illiniwek Forest Preserve for a challenging 4.5-mile mountain bike course
- The Run: 2-mile cross-country run on paved and off-road trails along the RiverWay trail and through McNeal's Reserve

TEAM COMPETITION

2-PERSON TEAM:

2 members (canoe or kayak) complete all legs of the race - Team result is the average of individual times

3-PERSON TEAM:

Relay: Kayak, Bike, and Run

CORPORATE ADVENTURE CHALLENGE:

3-person relay competing for traveling trophy and QC bragging rights

AWARDS GIVEN

Individual - Top 3 finishers for men & women 2-Team - Top 3 finishers for men, women, & co-ed 3-Team - Top 2 finishers for men, women, & co-ed Corporate Adventure Challenge winner



Online Registration at www.riveraction.org

Check boxes in each	1 .				
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Individual	\$35	F	ema	le	
Two-person Team	\$60	Ιс	o-E	d	
Three-person Team	\$75 [٦ _₽	acir		
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Register online at riveraction.org!

Runner (if applicable)

(Circle all appropriate below)

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Tune Up For Taming Aug 22 & 29, Sep 5 5:30 to 7 p.m.

'Tune Up' is a series of training sessions open to Taming of the Slough racers *and* the general public.

- Free access to canoes and kayaks from Princeton
 Outdoor Adventures Registered racers can reserve boats.
 General public is 1st-come-1st-served.
- Meet at Empire Park in East Moline.
- Illiniwek Forest Preserve mountain bike course will be very similar to the race day set up.
- Get prepared for Taming of the Slough or just enjoy some time on the river or biking the off-road trails at Illiniwek Forest Preserve.
- Tune Up is a fun and loosely structured event promoting adventure sports in the QCs.

Waiver: (read and sign below)

In consideration of the services of River Action, their agents, owners, officers, volunteers participants, employees, and all other persons or entities acting in capacity on their behalf (hereinafter referred to as RA) I hereby agree to release and discharge RA on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

- I acknowledge that Taming of the Slough entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to 3rd parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential quality of the activity. The risks include, among other things: Collision with other participants, the walls or other fixed objects, falling down; my own equipment or the failure of other's equipment; my own or other's negligence; objects or conditions on the course that may cause me to fall; broken bones; sprains; head, neck/back injuries; abrasions; and bruises.
- I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless RA from any and all claims, demands, or causes of action, which are in any way connected with my participation in their activity or my use of RA's equipment or facilities, including such claims alleging negligence or omissions.
- I also agree to hold harmless and indemnify the owner(s) of McNeals's Reserve & Trust, parcels (H-461 & 462) for any injury or death resulting from my use of this property. I will also hold the owner(s) as not liable for any damage to my property not caused by malice on the part of the owner. This access to McNeal's Reserve & Trust is limited to participation in the Taming of the Slough, Saturday, September 14, 2013.

Date

ignature	Date
ignature	Date
ignature	Date

All proceeds go to River Action, a non-profit organization dedicated to fostering the environmental, economic, and cultural vitality of the Mississippi River and its riverfront in the Q.C. region.



Signature





822 E. River Drive Davenport, IA 52803 P: 563-322-2969

F: 563-322-0916

www.riveraction.org