

Waiver

In consideration of the acceptance of this application for the Triple Dog Dare, and realizing the risks involved with the activities, I hereby waive, release and discharge any and all claims of damage or death, personal injury, misadventure and/or property damage which may happen during the event. I hereby release and hold harmless the Scott County Family YMCA and or persons or entities associated with this event from and against all liabilities arising from or connected with my participation in this event.

If participating in the bike event, I further understand that a bicycle is a legal vehicle of the road in the state of Indiana, and I will ride in accordance with the Indiana Vehicle Code. I recognize that the sponsors and promoters of this event require the use of a helmet while riding a bicycle.

Further, I understand that these events may be cancelled due to weather or other unforeseen circumstances and that all fees are non-refundable and non-transferable.

Entrant's

Signature _____

Date _____

If under 18, parent of guardian must sign here

Please Mark All That Apply

| | | |
|----------------------|------|-----------------------------|
| Nifty Fifty Distance | 25 | 50 |
| Swim Meet Events | Free | Back Breast Butterfly |
| Run | 5k | 1 Mile |

Register Early!

Participants that register prior to July 31, 2008 will receive a goody bag courtesy of our sponsors. After that date, participants will receive goody bags on a first come-first serve basis while supplies last. A limited number of t-shirts will be available for purchase during the event .

Directions to the YMCA

After arriving at Exit 29 on I-65, travel west on State Road 56. At the first traffic light, turn right. Continue north. The road will make a hard turn to the left and then back to the right going around American Steel Cord and Genesis. At the stop sign turn right. The Scott County Family YMCA and event parking are just a few hundred feet away.

Local Accommodations

| | |
|-----------------------|--------------|
| Quality Inn | 812.752.2212 |
| Hampton Inn & Suites | 812.752.1999 |
| Holiday Inn Express | 812.752.0000 |
| Mariann Travel Lodge | 812.752.3396 |
| Super 8 Motel | 812.752.2122 |
| Carousel Inn (B&B) | 812.794.2990 |
| Ashmoor Campground | 812.752.3460 |
| Hardy Lake Campground | 812.794.3800 |
| Yogi Bear Campground | 812.752.4062 |

Online Registration:

www.scottcountyfamilyymca.org

Scott County Family YMCA
805 Community Way
Scottsburg, IN 47170

Phone: 812-752-7239

Fax: 888-823-0603

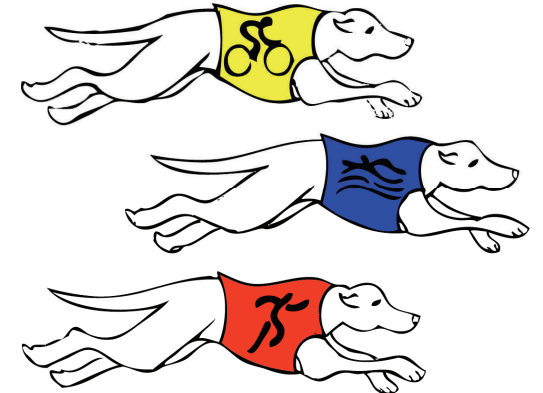
E-mail: king@scottcountyfamilyymca.org

Triple Dog Dare

Scott County Family YMCA
805 Community Way
Scottsburg, IN 47170

Triple Dog Dare

We Dare You to Do All 3!



Labor Day Weekend 2009

September 5-7

Scottsburg, Indiana

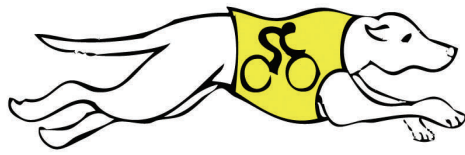
I-65, Exit 29

Presented By



**Scott County
Family YMCA**

Scott County
Visitors Commission



Nifty Fifty Bike Ride
September 5, 2009

The Ninth Annual Nifty Fifty Ride presented by the Scott County Family YMCA and the Scott County Visitors Commission travels through three scenic South Central Indiana Counties. The 25 and 50 mile courses are generally flat with multiple refreshment stops along the way. There will be no mechanical help at the refreshment stops so please make sure your equipment is in good working order prior to the ride. Breakfast and lunch are served with this event.

Entry Fees

- Early Registration, \$20 through 7/31/09
- Late Registration, \$25 after 7/31/09
- T-shirt may be purchased for \$10 by 7/31

Schedule of Events

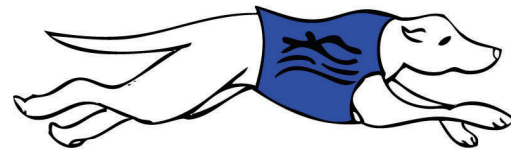
7:30am Packet Pick-up & Registration
8:00 Pre-ride Continental Breakfast
8:45 Pre Race Announcements
9:00 Nifty Fifty - 50 Mile Ride Start
9:10 25 Mile Ride Start
11:00 Lunch service begins

Rules

Helmets are required for all riders and must be worn during the ride. Only those 12 or older may ride the 50 mile loop. Riders under 16 must be accompanied by an adult.

Notice!

The staging area for this event is in the parking lot in front of the YMCA there will be no re-scheduling or refunds due to inclement weather.



Southern Indiana Open Swim Meet
September 6, 2009

The Southern Indiana Open Meet presented by the Scott Count Family YMCA and the Scott County Visitors Commission is your chance to compete in the following events.

Freestyle Backstroke
Breast Stroke Butterfly

Event distance will vary based on age.

Entry Fees

- Registration \$10 for ages 13-99
- Registration \$5 for ages 12 and under
- T-shirt may be purchased for \$10 by 7/31

*Registration Fee Includes entry in up to four events.

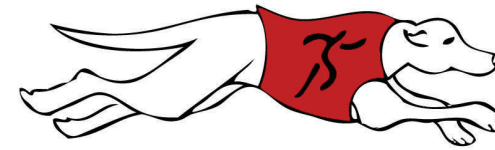
Schedule of Events

1p Packet Pick-Up & Registration
2p Swim Events
4p Award Ceremony

Notice!

The staging area for the event is the patio on the south side of the YMCA facility. All YMCA safety procedures will be in effect. Thunder or Lightning will be considered reason to delay or cancel the meet. There will be no re-scheduling or refunds.

**Scott County Family
YMCA**
812-752-7239



Mutt Strut 5 K/1 mile Fun Run/Walk
September 7, 2009

The Labor Day Mutt Strut 5k presented by The Scott County Family YMCA and the Scott County Visitors Commission is the finale of the Triple Dog Dare weekend. Runners will be staged at the front of the pack with man (runners and walkers) and his best friend following. This is the perfect opportunity to get the family and the pet some exercise. The event starts and finishes at the Scott County Family YMCA. The early start leaves plenty of time for you to enjoy Labor Day with your family.

Entry Fees

- Early Registration Fee, \$10 through 7/31/09
- Late Registration Fee, \$15 after 7/31/09
- Kids Registration 12 and under \$5
- T-shirt may be purchased for \$10 by 7/31

Schedule of Events

8:00a *Packet Pick-up & Registration
8:45a *Pre Race Announcements
9:00a *1 Mile Family Fun Run/Walk
9:30a *Labor Day Mutt Strut 5K
10:30a *Award Ceremony

Family Fun Run/Walk

Prior to The Mutt Strut, the Family Fun Run/Walk will begin. Make sure to bring your dog along so that he/she can enjoy the fun too. This event is open to boys and girls from ages 3 to 12 who wish to participate by themselves or to families of all sizes and ages who wish to spend some fun time exercising together.

Notice!

The staging area for this event is in the parking lot in front of the YMCA. There will be no re-scheduling or refunds due to inclement weather. Please remember to have your dog on a leash at all times during the event and please clean up after your dog.



Triple Dog Dare
We Dare You to Do All 3 !

Entry Form For All Events

Name _____

Address _____

City,State,Zip _____

Phone Number _____

Email _____

DOB _____ Age _____ M / F _____

Gold Pass (All Three Events)

_____ \$30 Registration by 7/31 ONLY

* T-shirt free note size below

Nifty Fifty Bike Ride

_____ \$20 Early Registration by 7/31

_____ \$25 After 7/31

Southern Indiana Open Swim Meet

_____ \$10 13-99 years old

_____ \$5 for kids 12 and under

The Mutt Strut 5k/1 Mile

_____ \$10 Early Registration by 7/31

_____ \$15 After 7/31

_____ \$5 for kids 12 and under

Event T-Shirt (Must be purchased by 7/31)

_____ \$10

T-Shirt Size S M L XL 2X Kids S M L

Entry Fees payable to:
Scott County Family YMCA
805 Community Way
Scottsburg, IN 47170

Total
\$ _____
Thank You !

*Register on line at www.scottcountyfamilyymca.org