

Please join us for --

## The Blue Heron Regatta

"Just a good long workout"

On the Merrimack River,  
Hooksett, NH  
Saturday, August 8, 2020

Location:  
Amoskeag RC boathouse  
101 Merrimack St Hooksett NH  
just beyond the Hooksett District Court



Name: \_\_\_\_\_ Age: \_\_\_\_\_ ( M / F )

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone \_\_\_\_\_

Entry fee: \$20.00 - Check payable to Amoskeag RC  
Mail your entry, signed waiver and check by August 5th, to:

Mike Shields  
143 Clough Pond Rd  
Canterbury, NH 03224  
Questions?  
<[mikeshieldsrows@gmail.com](mailto:mikeshieldsrows@gmail.com)>

603 496 7243

Details:  
Registration opens 8am, Race day entries welcome,

8:45 Instructions and blessing of the fleet  
9am all boats launched, row 6500 meters upstream to the start area.  
Line up for mass start Black fly style when all entries arrive.  
Have a good row!

Blue Heron Regatta Race Waiver and Agreement IN CONSIDERATION of being given the opportunity to participate in the Blue Heron Regatta ("Race") of the Amoskeag Rowing Club. I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of rowing activities, both on the water and land based and that I am qualified, in good health, and in proper physical condition to participate in the Race;

2. FULLY UNDERSTAND that:

(a) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis, and death ("risks");

(b) these risks may be caused by my own actions, or inactions, the actions of others participating in the Race, the condition in which the Race takes place, or the negligence of the "releasees" named below; and

(c) there may be other risks and social and economic losses either not known to me or not foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Race.

3. AGREE AND WARRANT that I will examine and inspect any Race instructions and facilities and, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Race and will refuse to take part in the Race until the condition has been corrected to my satisfaction; and

4. HEREBY RELEASE, discharge, and agree and covenant not to sue the Amoskeag Rowing Club, the Race, their administrators, directors, agents, officers, volunteers and employees, and other participants, Race organizers, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Race takes place (each considered one of the "releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any of the releasees may incur as a result of any such claim.

I have read this Race Waiver and Agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this Race Waiver and Agreement is held to be invalid, the balance, notwithstanding, shall continue in full force.

Printed Name of Participant and Date:

\_\_\_\_\_

Participant's Signature (only if age 18 or older)

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