



## **Three Rivers Adaptive Sports & Golden Triangle Water Ski Club Presents:**



# **The Allegheny River Rumble**

**Sunday August 25, 2019**

**Golden Triangle Water Ski Club facility on the Allegheny  
River's Nine Mile Island 8:30 am – 3:00 pm**

Three Rivers Adaptive Sports (TRAS) and the Golden Triangle Water Ski Club (GTWC) will join forces for an exciting day of water skiing, food and camaraderie!

TRAS and GTWC faithful will meet at the Steel City Rowing Club boathouse and launch at 100 Arch St. in Verona at 8:30 am (see attached directions). Skiers and volunteers will be shuttled to the GTWC Nine Mile Island facility a short pontoon boat ride away on the Allegheny River.

Skiers will ride the river from 9:00 am until 12:00 pm (noon), followed by a picnic lunch during which they can enjoy good food, socialize and recap the day's fun!

**This is a free program thanks to the generosity of GTWC!! Registration forms must be received by August 4, 2019**

Space is limited! Don't miss out on this great day of skiing. Complete the form below and send it in today to reserve your spot!

**"If I can do this, I can do anything"**

**ALLEGHENY RIVER RUMBLE REGISTRATION FORM 2019**

Name: \_\_\_\_\_ M or F (Circle) DOB: \_\_\_\_\_

Address: \_\_\_\_\_  
(street) (city) (state) (zip)

Phone (H) \_\_\_\_\_ (C) \_\_\_\_\_ Email: \_\_\_\_\_

**Personal Information** (please be as specific as possible):

Disability: \_\_\_\_\_ Onset: \_\_\_\_\_ Wt. \_\_\_\_\_ Ht. \_\_\_\_\_

**Skiers must be 200lbs or less and must be able to fit into an 18" wide wheelchair.**

Please choose your most frequent mode of mobility: \_\_\_\_\_ walking: list any assistive devices or braces used \_\_\_\_\_

Wheelchair: \_\_\_\_\_ manual or \_\_\_\_\_ motorized?

**If face down in the water wearing a life-preserver are you able to roll onto your back independently (this is mandatory and you will have to pass a roll test prior to skiing)?**

Yes / No (circle)

Previous water ski experience and equipment used (since onset of your disability): \_\_\_\_\_

Other sports you participate in on a regular basis: \_\_\_\_\_

Are you currently under a doctor's care for any condition? Yes No (if yes, provide details)

Are you allergic to anything? (i.e., medication, food, sun) Yes No (if yes, provide details)

Do you need to limit your activities for any reason? Yes No (if yes, provide details)

Do you have seizures? Yes No

Within the past six months, have you had any injury to, or surgery on your back, spinal cord, or hips? Yes No. (If yes, provide details)

Do you wear a back brace or have Harrington Rods? Yes No (If Yes, Please describe)

Are there any special medical conditions the staff should know about (asthma, diabetes, heart trouble, etc.)? Yes No (If yes, please provide details):

List medications you are currently taking: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

**Call the TRAS Line (412) 848-8896 with questions or additional information.**

**Registration Deadline is August 4, 2019 Please complete this form and mail it to:**

*TRAS P.O. Box 38235, Pittsburgh, PA 15238*

## Directions to the Steel City Rowing Club- 100 Arch St. Verona, PA 15147

### TRAS AND GTWC ALLEGHENY RIVER RUMBLE

**AUGUST 25, 2019 8:30AM-3:00PM**

#### **From Rt. 28**

- Rt. 28 to Highland Park Bridge
- Stay in the left lane and exit onto Allegheny River Blvd going North
- Stay on Allegheny River Boulevard through 4 lights total (4th light is in Verona at a Giant Eagle Plaza, the next stop sign is James Street)
- Left onto James Street (there is a Jack Schemp's car dealer on the corner)
- Go over the train tracks to the end of the road
- Left onto Penn Street
- Right onto Sheridan (at the end of Penn St.)
- Left onto Arch Street (at end of Sheridan St., one block)
- The boathouse and new docks are at the end of Arch Street

#### **From the East**

- 76 W (PA Turnpike) to exit 48 (Allegheny Valley)
- Stay in the right lane and exit towards Harmarville (ramp puts you onto Freeport Road heading south)
- Left onto Hulton Bridge
- Turn right onto Allegheny River Boulevard
  - **If you are driving a trailer, you must go this way....**
  - You will pass a high school and then make a right onto Allegheny Avenue
  - After a number of blocks, when you see a Subway on your right, turn left for one block and then make a quick right onto Allegheny River Boulevard
- Stay on Allegheny River Boulevard until you get to Verona (you will go over a small bridge and then get to your first traffic light)
- Go through 2 lights
- Right onto James Street (no light or stop sign)
- Go over the train tracks to the end of the road
- Left onto Penn Street
- Right onto Sheridan Street (at the end of Penn St.)
- Left onto Arch Street (at end of Sheridan St., one block)
- The boathouse is at the end of Arch Street

AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY  
READ BEFORE SIGNING

In consideration of being allowed to participate in any way in Golden Triangle Water Ski Club Water ski event, athletic sports program, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

- 1) The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
- 2) I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
- 3) I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
- 4) I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS Golden Triangle Water ski Club their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ OR HAVE HAD READ TO ME THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

DATE

\_\_\_\_\_  
SIGNED: \_\_\_\_\_  
(Participant's Signature)

FOR PARTICIPANTS OF MINORITY AGE OR VISION IMPAIRED  
(UNDER AGE 18 AT THE TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releasees, and for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's or vision impaired's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THEIR NEGLIGENCE, to the fullest extent permitted by law.

\_\_\_\_\_  
DATE  
SIGNED: \_\_\_\_\_  
(Parent/Guardian Signature)  
Emergency Phone Number:\_(\_\_\_\_\_)\_\_\_\_\_