



A NEW YEAR'S DAY TRADITION CONTINUES...

Ice Man Dip & Dash



Sunday, January 1, 2017 11:00am

The Ice Man Dip & Dash will be held once again at 11:00am on NEW YEARS DAY!

This UNIQUE event has become a yearly tradition & will continue for generations to come. It all began 28 years ago when a small group of athletes (Donnie Jarrell, Fred Miller, Shannon Allison & Ron Franco) met at Franco's to start the year off right with a New Years morning run. Along the way they were thwarted by a mechanical malfunction of the Madisonville Bridge. Refusing to be impeded by this obstacle, the group decided to take "the plunge" into the 49 degree waters of the Tchefuncte River. Hence the Ice Man Dip & Dash was born!

The Ice Man Dip & Dash is a challenging survival event not for the faint-hearted or unfit. Take the plunge at your own risk! Since its creation only 160 have finished this 4-mile run & 130 yard "ice" swim.

No minors or pets (for swim portion) unless accompanied by their parent, owner or legal guardian.

Bayou Paddle Company is helping in Water Safety with Standup Paddlers. Proceeds to benefit the ALS Awareness foundations in the area.

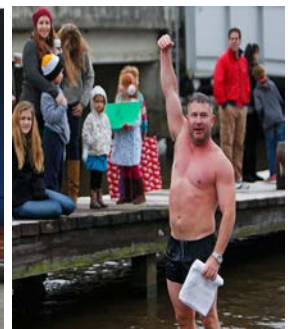


\$30* donation to participate

*\$30 Franco's members, \$35 non-members, \$5 more the day of

No refunds but we accept donations even if you decide NOT to participate. No swim aids or fins permitted to qualify for a t-shirt.

Event is held rain, sleet, snow or shine!



For more information contact the Program Director at 985.792.0247



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ICE MAN DIP & DASH RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT:

By signing below, you agree, warrant and covenant as follows: FRANCO'S RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT") In consideration of participating in the ICE MAN DIP & DASH represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity. I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily 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 Activity. I hereby release, discharge, and covenant not to sue FRANCO'S ATHLETIC CLUBS, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity 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, waiver of liability, and assumption of risk 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 loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, 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 be a complete and unconditional release of all liability to the greatest extend allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

_____ Date: _____
 Printed name of participant

 Signature of participant

payment:

\$30 registration fee, member
 \$35 registration fee, non-member
 \$5 more same day registrations
 _____ member account charge
 _____ credit card
 _____ check (_____)
 _____ cash
 processed by: _____

my personal information:

Name _____ Age: _____
 Home Address _____
 City, State, Zip _____
 E-mail: _____
 Phone Number: _____ T Shirt Size: S M L XL
 Emergency Contact & Phone Number in case you get bitten by an alligator: _____