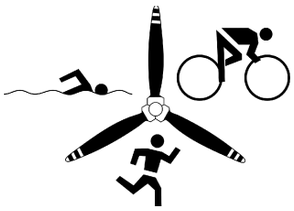
22ND ANNUAL



RED LAKE TRIATHLON

REGISTRATION FORM

Event Date:
Sunday, August 14, 2011

Location:
Red Lake, Ontario

COMMITTEE/STAFF USE ONLY:

DATE PAID: _____

CASH $ _____

CHEQUE $ _____

REC'D BY: _____

SWIM/BIKE/RUN EVENTS:

Iron Kids:	Ages 9 & Under	100m/1.5km/500m
	Ages 10-12	150km/10km/2km
Adult:	Sprint Distance	750m/20km/5km
	Olympic Distance	1.5km/40km/10km

**** Ages 13-16 will be required to complete Adult Sprint/Olympic distances.***

Please Check (√) Box of Event You Are Registering For	FEE ON OR BEFORE JULY 29/11	FEE AFTER JULY 29/11
☐ Adult – Sprint Distance – Individual	$30	$45
☐ Adult – Sprint Distance – Team	$75	$100
☐ Adult – Olympic Distance – Individual	$30	$45
☐ Adult – Olympic Distance – Team	$75	$100
☐ Child – Iron Kids 9 & Under – Individual 2 Categories: 7 & Under; 8-9	$15	$20
☐ Child – Iron Kids 9 & Under – Team 2 Categories: 7 & Under; 8-9	$30	$45
☐ Child – Iron Kids 10-12 – Individual	$15	$20
☐ Child – Iron Kids 10-12 – Team	$30	$45

COMPETITOR INFORMATION:

TEAM NAME (If this entry is for a team): _____

SWIMMER: Name: _____ Age: _____ Gender: M / F (circle)

Phone: _____ T-Shirt Size: (circle) Adult / Child - XL L M S XS

Mailing Address: _____
(P.O. Box/Street Address, Town, Prov., Postal Code)

CYCLIST: Same as above? YES / NO

Name: _____ Age: _____ Gender: M / F (circle)

Phone: _____ T-Shirt Size: (circle) Adult / Child - XL L M S XS

Mailing Address: _____
(P.O. Box/Street Address, Town, Prov., Postal Code)

RUNNER: Same as above? YES / NO

Name: _____ Age: _____ Gender: M / F (circle)

Phone: _____ T-Shirt Size: (circle) Adult / Child - XL L M S XS

Mailing Address: _____
(P.O. Box/Street Address, Town, Prov., Postal Code)

WAIVER

I know that participating in a triathlon is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I also know that there may be traffic on the course route. I assume the risk of running/cycling in traffic and swimming in an open lake. I also assume any and all risks associated with participating in this event, including high heat and humidity, and the conditions of the roads. All such risks being known and appreciated by me. Knowing these facts, and in consideration of your accepting this entry, I hereby for myself, my heirs release, and discharge any and all persons and or organizations associated with the running of this race, and the Municipality of Red Lake, volunteers and all sponsors from any and all claims or liabilities for death, personal injury or property damage of any kind or nature whatsoever, howsoever caused, foreseen or unforeseen arising out of or in the course of my participation in this event.

I hereby certify that I am eighteen (18):

_____ _____
Signature Date

_____ _____
Signature of Parent or Guardian if participant is less than 18 years old Date

Please mail completed forms with cheque to:

Red Lake Triathlon
c/o Jean McNamee, P.O. Box 465, Balmertown, ON P0V 1C0

Completed forms may be dropped off with payment at the Red Lake Community Centre.
Please make cheques payable to **The Red Lake Triathlon**.
For more information, check out our website at www.red-lake.ca/triathlon or call Jean at 735-2689 or Michel at 727-2089

Rules, start times & course information are provided on the attached information sheet.
PLEASE READ & RETAIN FOR YOUR INFORMATION.