

**Swim:** Start from Main Beach. Course is one loop for Sprint and two loops for Olympic.

**Cycle:** Ride through Cultus Lake and Chilliwack with wide shoulders and rural setting. Professional traffic controlled, well marked course. Course is one loop Sprint and two for Olympic. No aid station on Bike Course.

**Run:** Flat course alongside Cultus Lake through residential area and is one loop for the Sprint and two loops for the Olympic. Aid station provided.

### AWARDS

- ❖ Age as of December 31, 2010
- ❖ Top 3 in each age group
- ❖ 16-19, 20-24, 24-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-65, 66-69, 70+

#### Triathlon Team Award

- ❖ Mixed, Women, Men

#### INCLUDED IN YOUR ENTRY FEE:

- ❖ SHIRT
- ❖ CHIP TIMING
- ❖ DRAW PRIZES
- ❖ POST-RACE MEAL



Online entry: [www.eventsonline.ca](http://www.eventsonline.ca)

Entry Fees	Up to May 31	June 1- Aug 30	Sept 1- Sept 11
<b>Olympic Tri</b>	\$90.00	\$100.00	\$115.00
<b>Relay Team</b>	\$120.00	\$140.00	\$160.00
<b>Sprint Tri</b>	\$75.00	\$85.00	\$95.00

### RELAY TEAMS OLYMPIC DIST ONLY

**No Refunds** (No exceptions)

Minimum Age 16 years

#### Title Sponsor



#### Sponsors



#### MAIL ENTRY FORM AND PAYMENT TO:

Outback Events

4310 Hazell Rd.

Kelowna, BC CANADA V1W 1P8

Telephone: (250) 764-3204

Fax: (250) 764-3079

Website: [www.cultuslaketri.ca](http://www.cultuslaketri.ca)

# 4th ANNUAL



new balance

# CULTUS LAKE TRIATHLON

## Olympic

(1500m Swim, 40K Bike, 10K Run)

## Sprint

(750m Swim, 20K Bike, 5K Run)



## Sunday, September 12, 2010

Cultus Lake, Chilliwack, BC

[www.cultuslaketri.ca](http://www.cultuslaketri.ca)

TriBC Sanctioned



## Race Schedule of Events:

Cultus Lake Elementary School located at #71  
Sunnyside Blvd – Across from Transition

**Sat. September 11 2 pm – 4:30 pm**  
**Pre-Race Meeting 4:30 pm**

**Sunday Race Package Pick-Up is at transition:**

**Sun. September 12 6:30 – 8:00am**

Race Start is 8:30 am **sharp**

On race day all competitors **MUST** check in  
between 6:30 am – 8:00 am

**COMPETITORS ARE RESPONSIBLE FOR THEIR  
OWN BICYCLE SAFETY CHECK**

### ACCOMMODATION:

Tourism Chilliwack: 1-800-435-5622  
www.tourismchilliwack.com

## SUNNYSIDE CAMPGROUND

Reservations: 1-604-858-5253

[www.cultuslake.bc.ca/sunnyside/index.html](http://www.cultuslake.bc.ca/sunnyside/index.html)

### **Please Note:**

\*Each competitor must wear a Champion Chip timing device. If your Chip is not returned at the end of the race, you will be charged a **\$40 replacement fee.**

\*If you wish confirmation of your registration, please go to the race website and look on the Entrants List page.

### **CULTUS LAKE TRIATHLON 2010**

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

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

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: (H) ( ) \_\_\_\_\_ (W) ( ) \_\_\_\_\_

Sex: M F (Circle) Birth date: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Age on Dec. 31, 2010: \_\_\_\_\_

T-shirt size: S M L XL

\_\_ Olympic Triathlon

\_\_ Sprint Triathlon

\_\_ Triathlon Relay (\*\*Olympic distance only\*\*)

Team Name: \_\_\_\_\_

Relay position: Swim Cycle Run

**(Relay Teams Must Submit Entries Together)**

Team Category: Mix\_\_ Men\_\_ Women\_\_

Amount enclosed: Entry fee: \$ \_\_\_\_\_

Tri BC # \_\_\_\_\_

Add \$15 if not a TRI BC Association Member.

Team entries add \$ per member.

(Photo ID and TRI BC membership card must be shown  
at race package pick-up)

**TOTAL \$** \_\_\_\_\_

Cheques Payable to Outback Events:

4310 Hazell Road Kelowna, B.C. V1W 1P8

**WAIVER:** In my entry for this race, I, the undersigned, intending to be legally bound, hereby for myself, my heirs and administrators, waive and release Outback Events Ltd and their volunteers and representatives, Triathlon British Columbia and its divisions and the Cities of Chilliwack and Abbotsford, Fraser Valley regional District, Cultus Lake Parks Board and the Ministry of Transportation of Highways for any and all injury or loss by me howsoever caused, whether through negligence or willful conduct of the officers, directors, employees, agents or appointees of the association(s) and its divisions whether such loss or injury occur while traveling to or from the event or while staying at or participating in the program or activity of the event. I hereby agree that in the event of cancellation due to a storm, rain, winds, inclement weather, or other "Acts of God" conditions, my registration fee shall not be refunded. I hereby grant permission to any and all of the foregoing to use any photographs, motion pictures, videotapes, recordings or any other record of the event for any purpose including commercial use. I understand that my email address and contact information will be shared with the Official Event photographer.

**I have read this waiver and fully understand its contents.**  
Outback Events Ltd has provided the opportunity to explain this to me.

### **Athletes Signature**

\_\_\_\_\_ Date \_\_\_\_\_

### **Witnesses Signature**

\_\_\_\_\_ Date \_\_\_\_\_

**Parent or Legal Guardian signature (if under 19 years)** \_\_\_\_\_

Announcer Comments (What can we say about you as you cross the finish line?):  
\_\_\_\_\_

### **Medical Information:**

1. Do you have any current or chronic medical problems followed by a doctor?
2. Are you on any medications?
3. Are you allergic to any medications or insect stings?

If you answered yes to any of these questions please provide the answers below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### **Emergency Contact Information:**

Emergency Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**\*\*Note: We need a contact number of someone who will be with you on race day, not racing, and the number to reach them on race day\*\***