

The 20th Annual Sioux Lookout Triathlon Monday, August 3, 2009

Please complete this entry form and mail form and payment to the Travel Information Centre, Box 577, Sioux Lookout, Ontario, P8T 1A8.

For on-line registrations, please e-mail to drt38@shaw.ca or fax to 204 480 4177 and pay on-line via PayPal. Registration dead line is July 29, 2009.

- **NO Late registration will be accepted on race day**, except for the Kids Triathlon.
Registrations after July 20, 2009 may not receive the ordered T-Shirt on race day (see below)

Individual (\$35): <small>please check</small>		Kids of Steel® Triathlon (\$20): <small>please check</small>			
Adult Triathlon	Adult Duathlon	Kids 10-11	Kids 12-13	Kids 14-15	Kids 16-19

Name: _____ Age: ____ Gender: _____
(also Team main contact)

Address: _____

Telephone: _____ E-mail: _____

T-shirt size: _____ OAT Number (if available) _____

Team Tri/Duathlon (\$60) / Kids of Steel® Triathlon (\$30): (2 or 3-person team allowed)

1. Swimmer _____ Age: ____ Gender: _____ T-shirt size: _____

2. Cyclist _____ Age: ____ Gender: _____ T-shirt size: _____

3. Runner _____ Age: ____ Gender: _____ T-shirt size: _____

I/we agree to participate in the Sioux Lookout Triathlon as indicated above and understand that participation is at my/our own risk and release and discharge the race and officials and co-operating agencies connected with this event from any liability resulting from any incident, loss, damage or injury due to my/our participation.

see also
attached
OAT
sheets
and
sign as
well

Signed _____ Date _____
(To be signed by parent or guardian if participant is under 18 years of age.)

Signed _____ Date _____
(To be signed by parent or guardian if participant is under 18 years of age.)

Signed _____ Date _____
(To be signed by parent or guardian if participant is under 18 years of age.)

Participants who pay on the Internet via PayPal agree with the above noted statement with paying for the event. Yes No

Please make the cheque payable to the Blueberry Triathlon.

I/we paid \$ _____ via PayPal Date _____	I/we paid \$ _____ cash/cheque Date _____
Office use Payment received <input type="checkbox"/>	Office use Payment received <input type="checkbox"/>

The 20th Annual Sioux Lookout Triathlon Monday, August 3, 2009

The Sioux Lookout Triathlon is held annually as a part of the Blueberry Festival. The route is a scenic swim, bike and run through the town of Sioux Lookout. Be a part of "The 20th Annual Sioux Lookout Triathlon" and register as individual or a team!



The 20th Annual Sioux Lookout Triathlon is the Northern Qualifying race for 2010 Ontario Summer Games (Kids of Steel Age 14-15 - individual).

<u>Categories:</u>	<u>Triathlon & Duathlon</u>	<u>Kids of Steel</u> ®	*Categories are based on the athletes age as of December 31 for the year the competition is held.
Individual	Male 20 to 29	Female 20 to 29	Kids 10 to 11
	Male 30 to 39	Female 30 to 39	Kids 12 to 13
	Male 40 to 49	Female 40 to 49	Kids 14 to 15
	Male 50 and over	Female 50 and over	Kids 16 to 19

Triathlon/ Duathlon Teams - All teams (which may consist of 2 or 3 people) compete together and may be all male, all female, or mixed.

It is mandatory that cyclists wear hard shell helmets. Personal musical devices (iPod etc.) of any sort **cannot** be used while racing.

Course details:

750m swim (town beach) – Adults/Youth (16 and up)
20km cycle (north road past the airport) Adults/Youth (16 and up)
5km run (through the town) Adults/Youth (16 and up)

Kids of Steel®: 10 to 11 150m swim, 2.7km bike, 1km run
12 to 13 250m swim, 5.4km bike, 2km run
14 to 15 500m swim, 15km bike, 4km run
16 to 19 750m swim, 20km bike, 5km run (adult course)

Duathlon details:

2.5km run (follow Kids bike route)
20km cycle (north road past the airport)
5km run (through the town)

The Duathlon will start at the same time as the Triathlon and after the 2.5km run the Duathletes will join the Triathlon

Starting time: 9:00hrs sharp (town beach), Kids of Steel® starts are staggered

All entrants are required to check in at the town beach 1 hour before start time.

Registration Fee: **\$35.00** for Triathlon/Duathlon **\$20.00** for Kids of Steel®
\$60.00 for Triathlon/Duathlon team **\$30.00** for Kids of Steel® team
Each participant will receive a Triathlon T-Shirt

Registration forms are available at the Travel Information Centre (807) 737-3227. You can also check our website for results and more information at: www.bbt.ca.tt

Awards: Prizes are awarded to the top three finishers in each individual adult category and to the top three adult teams. The awards ceremonies will be held at the Town Beach immediately after the Triathlon event.

Regardless of the weather the race will be held!

Thanks to our sponsors Calsport, Dingsda Racing Team, Keewatin-Aski Ltd., Johnny's FoodMarket, Sioux Lookout Zone Family Physicians, RoyLane, and Sioux Lookout Inn Best Western, Madsen Motors

**ONTARIO ASSOCIATION OF TRIATHLETES (“OAT”)
RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT
(FOR THOSE 18 YEARS OF AGE AND OLDER)**

WARNING!

By signing this document you will waive certain legal rights, including the right to sue. Please read carefully.

This is a binding legal agreement. As a Participant in the triathlons, duathlons, multisport events and activities of OAT and 20th Sioux Lookout Triathlon, the undersigned acknowledges and agrees to the following terms:

Description of Risks

1. In consideration of my participation in the triathlons, duathlons and multisport events of OAT and 20th Sioux Lookout Triathlon, I hereby acknowledge that I am aware of the risks and hazards associated with or related to any such triathlons, duathlons, and multisport events. The risks and hazards include, but are not limited to, injuries from:
 - a) Swimming, biking and running;
 - b) Executing strenuous and demanding physical techniques;
 - c) Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements, quick turns and stops;
 - d) Exerting and stretching various muscle groups;
 - e) Entering the water by either diving or jumping;
 - f) Extended time in water and underwater;
 - g) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
 - h) Mounting, dismounting or falling off a bicycle;
 - i) Falling or colliding with the ground, walls, stands, equipment or with other participants;
 - j) Falling due to uneven or irregular terrain or surfaces;
 - k) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - l) Contact or being struck by other participants, spectators, equipment or vehicles;
 - m) Spinal cord injuries which may render me permanently paralyzed;
 - n) Travel to and from competitive events and associated non-competitive events which are an integral part of OAT’s and the 20th Sioux Lookout Triathlon’s races, activities and events.

2. Furthermore, I am aware:
 - a) That injuries sustained can be severe;
 - b) That I may experience anxiety while challenging myself during the triathlons, duathlons and multisport events;
 - c) That I may come into close contact with other participants;
 - d) That my risk of injury is reduced if I follow all rules established for participation and competition; and
 - e) That my risk of injury increases as I become fatigued.

Release of Liability and Disclaimer

3. In consideration of OAT and 20th Sioux Lookout Triathlon allowing me to participate, I agree:
 - a) That my physical condition has been verified by a medical doctor within the past twelve months and I am medically cleared to participate;
 - b) To assume all risks arising out of, associated with or related to my participation and am fully aware of the nature of these risks including personal injury, death, property damage expense and related loss, including loss of income;
 - c) To be solely responsible for any injury, death, loss, including loss of income or damage that I might sustain while participating;
 - d) To **RELEASE, DISCHARGE, SAVE HARMLESS AND INDEMNIFY** OAT, 20th Sioux Lookout Triathlon and their respective directors, officers, committee members, members, employees, volunteers, officials, judges, participants, sponsors, facilities where the activity occurs, agents and representatives from any and all liability, for any and all claims, demands, actions, judgments, executions and costs that might arise out of my participating, even though any such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by any manner whatsoever, including but not limited to, the negligence, breach of contract or breach of any statutory duty of care of OAT and 20th Sioux Lookout Triathlon.

Acknowledgement

4. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, executors, administrators and representatives.

Name of Participant (Please Print)

Signature of Participant

Date

ONTARIO ASSOCIATION OF TRIATHLETES – ASSUMPTION OF RISK AGREEMENT

By signing this document you will waive certain legal rights, PLEASE READ CAREFULLY.

IN CONSIDERATION of allowing my minor child/ward to participate in the triathlons, duathlons and multisport events of OAT and 20th Sioux Lookout Triathlon, I ASSURE TO YOU THAT:

- 1. I am the parent/guardian of the participant having full legal responsibility for decisions regarding the participant.
2. I believe that my minor/ward is physically, emotionally and mentally able to participate in the programs, activities and events of the OAT and 20th Sioux Lookout Triathlon.
3. I hereby acknowledge that I am aware of the risks and hazards associated with or related to the triathlons, duathlons and multisport events of OAT and 20th Sioux Lookout Triathlon. The risks and hazards include, but are not limited to injuries from:
a) Swimming, biking and running;
b) Executing strenuous and demanding physical techniques;
c) Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements, quick turns and stops;
d) Exerting and stretching various muscle groups;
e) Entering the water by either diving or jumping;
f) Extended time in water and underwater;
g) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
h) Mounting, dismounting or falling off a bicycle;
i) Falling or colliding with the ground, walls, stands, equipment or with other participants;
j) Falling due to uneven or irregular terrain or surfaces;
k) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
l) Contact or being struck by other participants, spectators, equipment or vehicles;
m) Spinal cord injuries which may render me permanently paralyzed;
n) Travel to and from competitive events and associated non-competitive events which are an integral part of OAT's and the [Insert Name of Race]'s races, activities and events.
4. Furthermore, I am aware that:
a) Injuries sustained to my child/ward can be severe;
b) My child/ward may experience anxiety while challenging himself/herself during the competitions, activities, events and programs;
c) My child/ward may come into close contact with other participants;
d) My child/ward's risk of injury is reduced if he/she follows all rules established for participation; and
e) My child/ward's risk of injury increases as he/she becomes fatigued.

I UNDERSTAND AND AGREE, on behalf of myself, my heirs, assigns, personal representatives and next of kin that my signing of this document constitutes that:

- 5. I am registering my child/ward willingly and my child/ward is participating voluntarily in these activities, events and programs.
6. My child/ward's physical condition has been verified by a medical doctor within the past twelve months.
7. I agree that there are risks as described above and my child/ward will be exposed to these risks and hazards.
8. I agree to accept and assume all these risks and hazards and am responsible for any injury or other loss which my minor child/ward might receive while participating in these triathlons, duathlons and multisport events.
9. If something happens to my child/ward, I RELEASE the OAT and 20th Sioux Lookout Triathlon of responsibility and liability for any and all claims, demands, actions, judgements, executions and costs which might arise out of my child/ward's participation. I understand OAT and 20th Sioux Lookout Triathlon to mean: OAT and 20th Sioux Lookout Triathlon and respective directors, officers, committee members, members, employees, volunteers, officials, judges, participants, sponsors, facilities where the activity occurs, agents and representatives.

I ACKNOWLEDGE MAKING THIS AGREEMENT

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

Printed Name of Participant

Signature of Participant (Age 15 and Up)

Printed Name of Parent or Guardian

Signature of Parent or Guardian

Date