

“Y-Not-Tri-It!”
Saturday, May 13, 2006
 Brought to you by the YWCA!

Distances:

Women: 150 meter swim, 4.5 km bike, 1.5 km walk/run
Kids (must be at least 8 years of age): 50 meter swim, 3 km bike ride, 750 meter walk/run

Place: YWCA; 510 - 25th Street East

Time: Race starts at 8:00 am, on Saturday May 13. You will be advised of your start time when you pick up your race package. Please arrive 60 minutes prior to your start time to sign in and set up.

Race Package Pick-up: May 12, 2006 from 9:00 am to 9:00 pm at the front desk of the YWCA.

All phases of this race will be held at the YWCA. The swim will take place in the YWCA pool. Pullbouys, flutter boards or other swimming aids are allowed and are provided by the YWCA. Please wear a swim cap. For the bike portion of the race, **HELMETS ARE MANDATORY!** Mountain bikes are best on this course. For insurance purposes, each person racing must be a Saskatchewan Triathlon Association Corporation (stac) member or pay the one-day insurance fee. Saskatchewan Triathlon Association Corporation (stac) fees are as follows: \$5.00 for participants under 17 or \$10.00 for participants ages 17 and over. If you wish to renew your membership or become a new Saskatchewan Triathlon Association Corporation (stac) member, please go to www.triathlonsaskatchewan.org and include the completed membership form with your race entry. This race is sanctioned by Saskatchewan Triathlon Association Corporation (stac).

Entry Deadline: 5:00 pm on May 11, 2006

Due to the time involved in arranging heats and printing race information, no late entries will be accepted. The first 100 entries will receive a race day give away

Registration Information		
Name:	Age:	Birth Date:
Address:		
E-mail:	Phone #:	

I want to race with my KOS/Youth/Adult: _____
 Names

I want to race with my KOS/Youth/Adult in which distance: **Women's Distance** **Kids Distance**
 (circle one, if you are participating with a child)

Are you a current Saskatchewan Triathlon Association Corporation (stac) member? **YES** **NO**
If YES, what is your 2006 number? _____

Is this your first Triathlon? **YES** **NO**

Race Fees:

19 and over:

Race Fee if you are a current Saskatchewan Triathlon Association Corporation member: \$15.00 _____
 Race Fee if purchasing a Saskatchewan Triathlon Association Corporation membership: \$35.00 _____
 Race Fee if purchasing a Family Saskatchewan Triathlon Association Corporation membership: \$55.00 _____
 Race Fee + \$10 insurance if NOT buying a Saskatchewan Triathlon Association Corporation membership: \$25.00 _____

Under 19:

Race Fee for Current Saskatchewan Triathlon Association Corporation member: \$15.00 _____
 Race Fee if you are purchasing Saskatchewan Triathlon Association Corporation membership: \$25.00 _____
 Race Fee + \$5 insurance if NOT buying a Saskatchewan Triathlon Association Corporation membership: \$20.00 _____

Please make cheques payable to: Saskatoon Triathlon Club, Inc.
Mail or drop off your entry with payment to: YWCA, 51 – 25th Street East, Saskatoon, SK S7K 4A7
 If you have any questions about the race please e-mail us at: ynottri@shaw.ca

Medical Questionnaire and Waiver

(please circle)

Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?

Yes No

Do you feel pain in your chest when you do physical activity?

Yes No

In the past month have you had chest pain when you were not doing physical activity?

Yes No

Do you lose your balance because of dizziness or do you ever lose consciousness?

Yes No

Is your doctor currently prescribing drugs for your blood pressure or heart condition?

Yes No

Do you have a bone or joint problem that could be made worse by participating in this event?

Yes No

Do you know of any other reason why you should not do physical activity?

Yes No

If you answered yes to one or more of these questions, you must obtain written permission from your doctor to participate in this event.

Waiver: I fully understand the risks involved to me during this event and in consideration of acceptance of this entry, I hereby, for myself, my heirs, executors and administrators waive and release the organizers of this event, their agents, servants, representatives or sponsors, Saskatoon Triathlon Club Inc. Saskatchewan Triathlon Association Corporation, the City of Saskatoon, and YWCA, from any liability with respect to death, injury, loss of or damage to any person or property, arising out of or in connection with my participation in this event, including any liability due to the negligence of the organizers of this event, their agents, servants, representatives, sponsors, Saskatoon Triathlon Club Inc., Saskatchewan Triathlon Association Corporation, the YWCA and the City of Saskatoon. I have read, understood and completed the medical questionnaire. I understand that photographs will be taken at this event and may be posted on the Saskatoon Triathlon Club, Inc. website. I have read and understood the waiver.

I understand that if I am under 18 years of age my parent or guardian is required to sign this Waiver of Liability.

Participant Signature Date
or Parent/Guardian if participant is under 18

Date