

Mandatory Pre-race Meeting

Includes carbo load meal

Friday June 18th 2010 6:00 pm
Lake Bonavista Community Assoc.
1401 Acadia Drive SE, Calgary AB

<u>Event Distance</u>	<u>Cut-Off Times</u>
Swim 2 km	9:15 am
Bike 96 km	1:00 pm
Run 21.1 km	5:00 pm

Visit us at www.chinookhalf.com

Race Director Mike Bock 256-7770
Email: mikebock@shaw.ca

Swim Captain Jeremy Peressini 650-6623
Email: jsperess@hotmail.com

Bike Captain Brad Smith 710-3137
Email: b-smith@telusplanet.net

Run Captain Lochlin Mclellan 831-4737
Email: lmclellan@sabre-energy.com

Transition Captain Andre Bock 281-2619
Email: dabock@shaw.ca

Events Coordinator Shelly Wiens 257-1528
Email: ironmatewiens@shaw.ca

Volunteer Coordinator Holly Poffenroth 229-1846
Email: bossyone@telus.net

- Required to follow ITU, TRICAN, ATA and Chinook Half Ironman rules and regulations.
- Minimum age is 18.
- **Do you know someone interested in volunteering? Email or call Mike Bock**
- Calgary's elevation is 1049 m (3442 ft)
- For Accommodations: Super 8 Motel
60 Shawville Rd SE Calgary 403-254-8878
Ref # Chinookhalf

Age Group Divisions

Individual Events: 18-29, 30-39, 40-49, 50-59, 60+
(both men and women)

Team Events: only one category. (minimum 18 years of age)

Medals awarded to top three in each category

Acknowledgement of Risk

Please read carefully & sign:

I acknowledge that participation in the sport of triathlon might result in personal injury to myself due to the endurance nature of the sport and the inherent risks associated with swimming, biking and running, especially on public roads. I accept these risks.

In consideration of my participation in Alberta Triathlon Association sanctioned event and training, I agree that the Alberta Triathlon Association, it's directors, officers, employees, coaches, volunteers, members, and agents shall not be liable for any personal injury or loss I might suffer from any such participation, unless such loss shall be caused by the negligence of any one or more of the above-named whilst acting within the scope of their duties.

Signature

Date

For Teams, complete a separate form for each athlete and mail or drop off to locations listed.



253-7717

9176 Macleod Trail South, Calgary
Tri-it Sports, 2640 Parkdale Blvd NW Calgary
The Running Room, 59 Shawville Blvd SW

Chinook Half "119.1" Triathlon



**Saturday June 19th, 2010
Calgary, Alberta**

8:00AM

www.chinookhalf.com

Sanction by:



ATA-pending
www.triathlon.ab.ca

Registration Form

Please make your cheque or money order payable to:

Chinook Half Ironman Triathlon

243 Midvalley Place SE.
Calgary, Alberta T2X 1L3

On-line registration www.runningroom.com

Extra banquet tickets:

\$20 guest awards banquet meal _____

\$15 guest pre-race banquet meal _____

Total fee enclosed \$ _____

Guests are welcome to come to banquets

Team Name _____

Athlete Name _____

Sex M F Ph # _____ Birthdate: _____

Age on race day _____

Shirt Size S M L XL

ATA # _____ Exp. date: _____

Address _____

P.Code/City/Prov. _____

E-Mail _____

Athlete Name (Team) _____

Sex M F Ph # (____) _____ Age

Shirt Size S M L XL

ATA # _____ Exp. date: _____

Address _____

P.Code/City/Prov. _____

E-Mail _____

Athlete Name (Team) _____

Sex M F Ph # (____) _____ Age

Shirt Size S M L XL

ATA # _____ Exp. date: _____

Address _____

P.Code/City/Prov. _____

E-Mail _____

Medical Questionnaire

The following information is crucial to our medical staff to insure proper care in the event of an accident or illness during the event.

1. Do you have any current or chronic medical problems that are being monitored by a doctor?
Yes No

2. Are you allergic to any medications?
Yes No

3. Are you on any medications?
Yes No

4. Are you hypersensitive to insect stings?
Yes No

5. Do you wish the medical staff of the **Chinook Half Ironman Triathlon** to be aware of any specific medical problems?
Yes No

Emergency Contact Person (race day)

Phone # (____) _____

Optional

Occupation _____

Your Achievements (attach separate sheet for more info) _____

Course & Fee Descriptions

2 Km Swim

- Two laps of Midnapore Lake (185 Midlake Boulevard SE).
- Mass start: please, seed yourself accordingly.
- Open water swim: wetsuits are recommended.

95 Km Bike

- Transition and start at Lake Midnapore
- A scenic and challenging route west on Hwy 22X to the Kananaskis entrance and back.
- Approved helmet is mandatory.

21.1 Km Run

- A scenic 2 loop course through beautiful Fish Creek Provincial Park. A National Heritage Site within the City of Calgary and one of the largest inner city parks in North America. Home to numerous wildlife; deer, beavers, and waterfowl.

Entry Fee Deadlines

	<u>Individual</u>	<u>Team</u>
By Dec 31	\$200	\$330
By May 31	\$220	\$360
After May 31	\$240	\$390

- Must be a current and valid ATA membership at the time of registration and on race day. No refunds will be provided.
- **Our Cancellation policy: No Refunds**
- Entry limit: 350 individuals, 20 teams
- Regular bank charges will be applied to any NSF cheques received.
- **Awards Banquet location, Lake Bonavista Community Association
1401 Acadia Drive SE, 6pm to 9pm
Saturday June 19 2010**