

## Medical Questionnaire and Waiver Form

### MEDICAL QUESTIONNAIRE

1. Has your doctor ever said you have a heart condition and that you should only do physical activity recommended by a doctor?  Yes  No
2. Do you feel pain in your chest when you do physical activity?  Yes  No
3. In the past month have you had chest pain when you were not doing physical activity?  Yes  No
4. Do you lose balance because of dizziness or do you ever lose consciousness?  Yes  No
5. Is your doctor currently prescribing drugs for your blood pressure or heart condition?  Yes  No
6. Do you have a bone or joint problem that could be made worse by participating in this event?  Yes  No
7. Do you know of any other reason why you should not do physical activity?  Yes  No

If you have answered YES to one or more of the questions above, you MUST obtain written permission from your doctor to participate in this event.

### WAIVER OF LIABILITY

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, Saskatchewan Triathlon Association Corporation (STAC), Saskatoon Triathlon Club Inc. (STCI), 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, STAC and STCI.

I have read, understood, and completed the Medical Questionnaire, and understood the Waiver. I understand that photographs of participants taken during this event may be posted on the STCI and STAC websites. I understand that since I am under 18 years of age, my parent or guardian is required to sign below.

\_\_\_\_\_  
Name – Competitor 1 (please print)

\_\_\_\_\_  
Name – Competitor 2 (please print)

\_\_\_\_\_  
Parent/Guardian Signature Date (D/M/Y)

**Please Support the Following Sponsors**



## 8<sup>th</sup> Annual KIDS OF STEEL TRIATHLON

It's that time once again!!  
Come and "TRI" the absolute best  
KIDS ONLY TRIATHLON event!

Saturday June 17<sup>th</sup>, 2006

Check in at 8:00 a.m.

Riversdale Pool

Victoria Park, Saskatoon SK

- ✓ For TriKids 6 to 15 years old
- ✓ Trikes and Tykes for preschoolers
- ✓ Enter alone or as a team with your friends
- ✓ Bring along your friends and family for pool party and lunch

Don't miss this GREAT event.  
Registration limited to first 200 entries.

The Brainsport Kids of Steel Triathlon is sponsored by Brainsport, Saskatchewan Triathlon Association Corporation (STAC), and presented by the Saskatoon Triathlon Club Inc. (STCI). Big THANKS to the City of Saskatoon for their assistance and support.

### Race site and bike/run route

Pick Up RACE INFORMATION PACKAGE at Brainsport for map and details, or check website  
[www.triathlonsaskatoon.org](http://www.triathlonsaskatoon.org)

## RACE INFORMATION

Kids, come out and have some FUN. Find out what TRIATHLON enthusiasm is all about!! For more information, call Nan at 249-0506 or e-mail at [nanlee@sasktel.net](mailto:nanlee@sasktel.net) or call RossAnn at 978-4256.

**This Entry Forms must be in by Saturday June 10<sup>th</sup>, 2006 at 5:00 p.m.** Make cheque payable to STCI. Drop off forms at Brainsport (704 Broadway) or mail to: 131 Quill Bay, Saskatoon, S7K 4V1. **Registration is limited to first 200 paid entries.**

**Pick Up Race Information Package** at Brainsport or at our website [www.triathlonsaskatoon.org](http://www.triathlonsaskatoon.org).

**Race Course Orientation** is recommended for those that have not participated in this event. Race course orientation either June 14<sup>th</sup> at 5:30 p.m. **OR** June 15<sup>th</sup> at 5:00 p.m. Meet by Riversdale Pool. Wear your runners. Sign up on this registration form.

**Free Bike Inspection** at Bike Doctor (623 Main St) all week prior to the race (June 12<sup>th</sup> to 16<sup>th</sup>).

**Race Day Check In** at 8:00 a.m. Transition areas open at 8:00 a.m. **NO RACE DAY REGISTRATION. Park Entrance closes at 8:45 a.m.** See race package for details, as it affects the traffic in/out of the area.

**Pool Party and Barbeque** after the race for all participants, and friends and family members with tickets. Friends and family members **must buy Pool Party tickets** to enter the pool area during post race pool party. This is because lifeguards are needed for EVERYONE in the pool area. Remember to bring along your bathing suits!

**T-shirts:** Check out t-shirt sizes at Brainsport – both Youth and Adult sizes are available (YS, YM, YL, YXL; AS, AM, AL, AXL).

**Team Entries:** you can enter as a team of two or three. Don't forget to write down your groovy team name so that we know who you are! However, you need to fill out a registration form for each TriKid.

## COURSE DESCRIPTION

### TriKid's AGE at the end of 2006 (Year of birth)

<u>Born in</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>
6 & 7 (99 or later)	50 m	1.8 km	0.5 km
8 & 9 (97/98)	100 m	3.4 km	1.0 km
10 & 11 (95/96)	150 m	5.0 km	1.5 km
12 & 13 (93/94)	200 m	6.6 km	3.0 km
14 & 15 (91/92)	300 m	9.8 km	3.0 km

**Trikes and Tykes:** No swim, trike and run only

**SWIM** in Riversdale outdoor pool. Life jackets (bring your own) and flutter boards allowed. **BIKE** on Meewasin trail (heading towards Idylwyld Bridge) and Spadina Avenue (road will be coned off). You must wear ANSI/SNELL/CSI approved helmets. **RUN** around the park by Riversdale pool. **Please read race information package with your TriKid.**

**Youth Provincial Qualifier:** This event for competitive youths is held on June 18<sup>th</sup> at Pike Lake. Call RossAnn for information at 978-4256. Talented youths are picked for Sask/Manitoba Inter-provincial Competition to be held in August.

**RACE RESULTS** will be posted at:  
[www.triathlonsaskatoon.org](http://www.triathlonsaskatoon.org)

## VOLUNTEERS NEEDED

It takes over 80 volunteers to make this event happen. Help us make this a FUN and SAFE race for your kids by helping out. You will be rewarded with happy smiles. Please indicate on the registration form and send it along with registration. **Volunteers, please arrive at 7:30 a.m. for instructions.** If you have volunteered to help with set-up and/or registration, you will need to arrive earlier – in this case, we will call you and let you know.☺

## BRAINSPORT KIDS OF STEEL 2006 REGISTRATION FORM

Name (Competitor 1) \_\_\_\_\_ Birth date (D/M/Y) \_\_\_\_\_

T-shirt size: \_\_\_\_\_ (youth or adult) \_\_\_ Girl \_\_\_ Boy  
\_\_\_ TriKid \_\_\_ Trikes and Tykes \_\_\_ Team

Name (Competitor 2) \_\_\_\_\_ Birth date (D/M/Y) \_\_\_\_\_

T-shirt size: \_\_\_\_\_ (youth or adult) \_\_\_ Girl \_\_\_ Boy  
\_\_\_ TriKid \_\_\_ Trikes and Tykes \_\_\_ Team

Address \_\_\_\_\_ City, Prov. \_\_\_\_\_

Postal Code \_\_\_\_\_ Phone # \_\_\_\_\_ e-mail (for race results) \_\_\_\_\_

\_\_\_ Team name: \_\_\_\_\_  
(Each team member must register and pay fee)

**Race course orientation** \_\_\_ June 14<sup>th</sup> \_\_\_ June 15<sup>th</sup>

**Medical Questionnaire and Waiver of Liability Form**  
**on the other side of this form MUST be signed.**

### ENTRY FEE

**Entry Fee** \_\_\_\_\_ x \$15 = \$ \_\_\_\_\_

**STAC fee** \_\_\_\_\_ x \$5 = \$ \_\_\_\_\_  
(mandatory for non-members)

**STAC member #** \_\_\_\_\_

**Extra pool party tickets** \_\_\_\_\_ x \$5 = \$ \_\_\_\_\_  
(All friends and family members must purchase pool party to enter the pool area during lunch)

**TOTAL** \$ \_\_\_\_\_  
(Make cheque payable to STCI)

**Number of kids 5 and under:** \_\_\_\_\_  
(kids 5 and under with an adult are FREE)

\_\_\_ **YES I will be happy to volunteer:**

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

Preferred job: \_\_\_\_\_