

Moe Race Information

Location: Lakewood Swimming Pool

Race Choices: There are two choices.
Please indicate which race you will be entering Sprint or Super Sprint on your registration form.

Race Course:

Swim: In Lakewood Pool

Super Sprint 300m Sprint 500m

Bike: In the park

Super Sprint 3 laps (6k) Sprint 5 laps (10k)

Run: Both races out and back.

Super Sprint (2.5 k) Sprint (5k)

Team Exchange Information:

The swimmer must proceed from the pool to the bike rack, tag the cyclist, the cyclist will unrack the bike and proceed to the bike mount line.
The cyclist will rack the bike and tag the runner who will proceed to the run start.

A special incentive from the Bike Doctor and Cannondale to get your entry in early. Enter Moe's by Saturday May 27th 2006 for your Chance to win a Cannondale Road bike.

bikedoc+or

cannondale



Saskatchewan Triathlon Association Corporation



Programs & Resources
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City of Saskatoon

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sprint distance

500m swim • 10k bike • 5k run
2 or 3 person teams allowed
8:00am start

super sprint distance

300m swim • 6k bike • 2.5k run
9:00am start

sunday june 4th , 2006

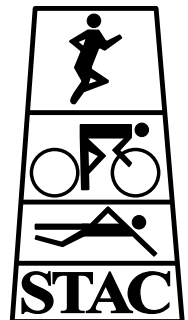
lakewood civic centre and lakewood park
open to all levels of ability & experience
minimum age 13 years, as of dec. 31, 2006

the course on lakewood park pedestrian path and roadway

entry cost: \$25

t-shirt for the first 120 entries

drop off entry forms at the Bike Doctor
623 main street east, saskatoon



Race Information

Category	Swim	Bike	Run	Start Times
Super Sprint Junior 13 - 16	300m	6 k	2.5 k	9:30
Super Sprint Males and Females 17+	300m	6 k	2.5 k	9:00/9:15/9:30
Sprint Males and Females 17+	500m	10 k	5.0 k	8:00/8:20/8:40
<p>*Note: Allowance is made for 20 swimmers per heat (5 per lane). Heats will be posted in the race information package. Categories may be combined to accommodate the appropriate numbers in each heat. Your start time could be anywhere from 8:00 am 9:45 depending on the number of entries.</p> <p>Due to pool time constraints there will be an entry limit of 120 people.</p>				

Rules

Swim:

- ◆ Pull buoys allowed during swimming event - please bring your own.
- ◆ Swim caps optional - please bring your own.

Bike:

- ◆ Mountain bikes recommended - see the bike doctor for rentals if you need one or, borrow one from a friend.
- ◆ Approved helmets are mandatory while cycling and must be on and done up before you remove your bike from the rack cannot be undone or removed until you place your bike back on the rack.
- ◆ There is absolutely no drafting on the bike course. This rule is for your safety. Please be reasonable and mature.
- ◆ **There will be a 5 minute penalty added to your bike time for drafting.**
- ◆ Pass only on the left when it is safe to do so.

Run:

- ◆ Yield to non racing pedestrians or cyclists.

General:

- ◆ Torso must be covered on bike and run with a minimum of: Shirt or singlet for males. Single or two piece swim suit for females.
- ◆ **Automatic DQ for abuse of venues, volunteers or fellow competitors.**
- ◆ No whining about weather or race route.
- ◆ Eye gouging is frowned upon, but not penalized.

FYI

WE LIKE PEOPLE NAMED MOE.

Provide legitimate proof and we will take 10 Sec. off your time.

Bike Inspection: All week at Bike Doctor up to 5:00 p.m. Sat. June 3rd

Race Packages: Race package pick up at Bike Doctor, Saturday June 3rd - 1:00 - 5:00 pm.
No package pick up at race site unless pre-arranged with Greg.

Race day check in: Some start times may be altered so check in 1 hour. before your event start time.

Post Race: Snacks available at finish line for all participants.

Registration Information

* All competitors must complete the medical questionnaire and sign the waiver on the back of the registration form..

* For insurance purposes each person racing as an individual or a team member, must be a STAC member or pay the **one day STAC fee of \$10.00.**

Team Entries: All team members must complete a separate entry form. Please submit team members forms attached together. Team categories are not age group specific. They are - Open Male, Open Female, Open Mixed.

Estimated Swim Time: All participants please include an estimate of your swim time. This allows swimmers to be correctly seeded into lanes. (Please indicate if you would like to be seeded with a particular person on entry.)

STAC: If you wish to become a new STAC member indicate on registration form and include payment with your race fee. Include STAC form with entry.

Entry Deadline: Thursday June 1st, 9:00 pm.

Kindly Note: Due to the time involved in arranging heats and printing race information there will be no race day or late entries accepted.

Cancellation Fees: \$15.00 will be refunded if notification is delivered in person to the Bike Doctor by 5:00 p.m. Monday May 29th. After May 31 no refunds can be given.

Your Entry Fee Includes::

- ◆ Race entry, *one race shirt*, post race snacks, and smoothy.

Please make cheques payable to Moe's Triathlon

Mail or Deliver Entries to:

The Bike Doctor
623 Main Street
Saskatoon, Sk.
S7H 0J8

For more information contact:

Greg or Donna at The Bike Doctor

Phone: 664-8555

email: bikedoctor@bikedoctor.ca

2006 Moe's Registration 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 no doing physical activity? Yes ___ No ___
4. Do you lose your 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 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, and the Bike Doctor, 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, Bike Doctor, Saskatchewan Triathlon Association Corporation, the Saskatoon Triathlon Club, and the City of Saskatoon. I consent to photographs being taken of me during the course of my participation in this event and accept and consent to the use of these photographs by the Saskatoon Triathlon Club (STCI) for purposes related to the STCI's activities and that I will not receive remuneration for such use.

I have read, understood, and completed the medical questionnaire. 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.

Competitors Signature... or Parent / Guardian if participant is under 18 Date: _____

Name _____

Address: Street/Apartment _____

City/Prov. _____ Postal Code _____ Phone # _____

Age (on 2006-12-31) Birth date: YYYY - MM - DD

E-Mail: _____

Gender M F

CHOOSE YOUR RACE and ENTER YOUR SWIM TIME

Super Sprint 13-16 Team Estimated 300m swim time: _____

Super Sprint Individual Team Estimated 300m swim time: _____

Sprint Individual Team Estimated 500m swim time: _____

Shirt Size: Adult S M L XL

Individual Entry - Choose appropriate line(s) in your category

Race fee \$25.00 \$

Current STAC member STAC # _____ \$0.00

Non STAC members One Day Insurance Fee \$10.00 \$

Non STAC members Junior (under19)
One Day Insurance Fee \$5.00 \$

Individual Entry Total \$

Team Entry Each team member please fill out an entry form

Team Name: _____

Your leg of the race? Swim Bike Run

Entry Fee for 3 member team = \$20.00 each \$60.00 \$

Entry Fee for 2 member team = \$20.00 each \$40.00 \$

Current STAC member STAC # _____ \$0.00 \$

New or renewed STAC members please fill out STAC membership form.
<http://www.triathlonsaskatchewan.org/membership/>

Non STAC One Day Insurance Fee

(\$10/team member) # X \$10.00 \$

Team Member Total \$

Payment is: Cheque Cash Total \$ _____