

waiver

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

Yes	No
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3. In the past month have you had chest pain when you were not doing physical activity?

Yes	No
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4. Do you lose your balance because of dizziness or do you ever lose consciousness?

Yes	No
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5. Are you presently taking medications or prescribed drugs (e.g. blood pressure, heart condition)?

Yes	No
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6. Do you have a bone or joint problem that could be made worse by participating in this event?

Yes	No
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7. Do you know of any other reason why you should not do physical activity (e.g. current or recurrent conditions)?

Yes	No
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8. Do you have allergies that you would like the organizers aware of (e.g. medications, insect stings)?

Yes	No
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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 in participating in 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, ElkRidge Resort, Saskatoon Triathlon Club (STCI) and the Saskatchewan Triathlon Association Corporation (STAC), 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 and Saskatchewan Triathlon Association Corporation. 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

Sanctioned by STAC

sponsors



McPhee Lake and ElkRidge Resort
Saskatchewan

Sunday July 20, 2008
9:30 am

- standard
- 1500m swim • 24km bike • 10km run
- sprint
- 750m swim • 12km bike • 5km run
- team event
- 1500m swim • 24km bike • 10km run

www.triathlonsaskatoon.org/off-road2008

race info

Date: Sunday July 20, 2008

Race Start: 9:30 am

Transition area opens at 8:00 am

Main Beach at cabin area McPhee Lake

Distance:

Sprint: 750 m swim, 12 km, 5 km run

- Must be 16 yrs of age as of race day

Standard/Team: 1500 m swim, 24 km bike, 10 km run

- Must be 18 yrs of age as of race day

Swim: Loop swim, counter clockwise, swim cap required

Bike: South of McPhee Lake, loop course, clockwise, mountain bikes only

Run: West of McPhee Lake, loop course, counter clockwise.

Aid stations on run only.

Entry Fee: \$65.00 individual, \$65.00 per team

Entry Deadline: Sunday July 13 at 6:00 pm. Any entry received after this date will be \$10.00 more and race souvenir not guaranteed. No race entries after July 17.

Early Registration: Register before June 30 and be entered for an early bird prize courtesy of ElkRidge Resort.

Registration: All competitors must complete a registration form and sign the waiver. Incomplete forms not accepted. Each member of a team must sign an individual waiver. For insurance purposes, each person, whether on a team or racing individually must have a STAC race-day license or be a paid-up 2008 STAC member.

Race Package Pick-up: Race packs can be picked up at #3 Deer Crescent @ McPhee Lake on Saturday July 19, 12:00pm – 5:00pm or at the transition zone on race morning.

Post Race: There will be a post-race BBQ at 1:30 pm at ElkRidge Resort. Showers and bike-wash available at ElkRidge Resort.

Prizes: Prizes awarded to fastest male and female. Lots of draw prizes.

Bike and Helmet Check: Inspections will be done courtesy of the Bike Doctor (Saskatoon), Fresh Air Experience (Prince Albert and Regina) any time during the week prior to the race. Helmets are mandatory.

Accommodations:

ElkRidge Resort - <http://www.elkridgeresort.com>

McPhee Lake - <http://www.gatewayresort.sk.ca>

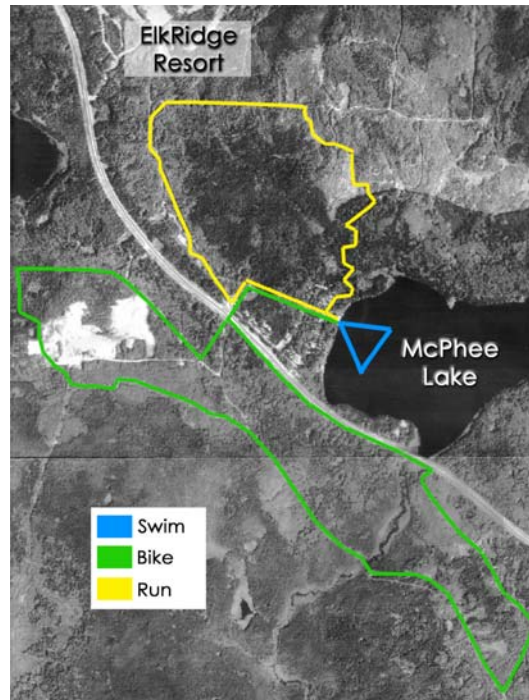
or Marcel's Campground and Cabins (306) 663-5846

Waskesiu - <http://www.waskesiulake.ca>

Volunteers Required

Email contact: off-road@triathlonsaskatoon.org

course map



registration form

Name: _____

Address: _____

Phone: _____ STAC# _____

Email: _____

Estimated total finish _____

time: _____

Distance Sprint Standard

Sex: Male Female

Birthdate: ____ / ____ / ____ yyyy/mm/dd

Team Name: _____

Member #1 _____ STAC# _____

Member #2 _____ STAC# _____

Member #3 _____ STAC# _____

Please Enter Fees Being Paid:

Entry fee (individual or team) \$65 _____

One day STAC race fee* \$15 _____

(or) 2008 STAC membership \$25 _____

Late entry (after July 13th) \$10 _____

Extra Meal Ticket \$15 _____

Extra Meal Child Ticket \$8 _____

Extra Race Souvenir \$25 _____

TOTAL FEES PAID _____

**Note: each individual and/or team member must have a STAC race day license or 2008 STAC membership and sign waiver on back of this form. If you are purchasing a STAC membership please fill out and include the form at:*

www.triathlonsaskatchewan.org/membership/member_form.pdf

Teams will receive the same registration kit as individuals (1 meal ticket and 1 race souvenir). If you want extra race souvenirs or meal tickets you will need to purchase them.

Make cheques payable to STCI

Mail to:

Off-Road Triathlon

c/o 1037 Osler Street

Saskatoon SK, S7N 0T5

Race Director: Newell Hedstrom (306) 665-6779

Registration: www.triathlonsaskatoon.org/off-road2008