



“Y-Not-Tri-It!”

Sunday May 16th, 2010

Brought to you by the YWCA and STCI

Distance: 200m swim, 5km bike, 1500 m walk/run

Place: Fitness on 25th YWCA Saskatoon

Start Time: 8:00 am.

- All start times will be advised when race packs are picked up.
- Please arrive 60 minutes prior to your start time to sign in and set up.

Race Package Pick-up: May 15th, 2010 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 Fitness on 25th YWCA. The swim will take place in Fitness on 25th pool. Flutter boards and other swimming aids will be provided and are allowed in this race. Please wear a swim cap. Helmets are mandatory for the bike portion of the race.

For insurance purposes every person racing must be a Saskatchewan Triathlon Association Corporation member or pay the one day insurance fee. Saskatchewan Triathlon Association Corporation (STAC) prices are as follows: \$20.00 for participants 18 years of age and younger or \$35.00 for participants 19 years of age or older. If you wish to renew your annual membership or become a new Saskatchewan Triathlon Association Corporation (STAC) member, please go to www.triathlonsaskatchewan.org and include a completed membership form with your race entry. This race is sanctioned by the Saskatchewan Triathlon Association Corporation (STAC).

Entry Deadline: 5:00 pm on May 13th, 2010

Due to the time involved in arranging heats and printing race information, no late entries will be accepted.

Registration Information

Name:	Age:	Birth Date:
Address:		
Email:	Phone Number:	

Are you a current Saskatchewan triathlon association Corporation (STAC) member? YES NO

If YES, what was your 2009 number? _____

Is this your first Triathlon? YES NO

Fees are as follows:

19 and over:

Race Fee if you are a current Saskatchewan Triathlon Association Corporation member:	\$20.00
Race Fee if purchasing a Saskatchewan Triathlon Association Corporation membership:	\$55.00
Race Fee if purchasing a Family Saskatchewan Triathlon Association Corporation:	\$90.00
Race Fee + \$15 insurance if not buying a Saskatchewan Triathlon Association Corporation membership:	\$35.00

Under 18:

Race Fee for current Saskatchewan Triathlon Association Corporation Member:	\$20.00
Race Fee if you are purchasing Saskatchewan Triathlon Association Corporation membership:	\$55.00
Race Fee + \$15 insurance if you are not buying a Saskatchewan Triathlon Association Corporation membership:	\$35.00

Please make cheques payable to: Saskatchewan Triathlon Club, Inc.

Mail or drop off your entry with payment to: Fitness on 25th YWCA, 25th Street East, Saskatoon, SK S7K 4A7

If you have any questions about the race please email us at: hgiggs@ywcaskatoon.com

All participants must complete the medical questionnaire and sign the waiver.

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, 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 fully 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
Or Parent/guardian if participant is under 18

Date