

## Race Overview

**Date:** Friday, August 20, 2010

**Time:** Please check our website at [www.appletriathlon.com](http://www.appletriathlon.com) for details closer to the event.

**Place:** Tugboat Beach, Kelowna, B.C.

**Run:** Will be a 2.5 km flat course on paved streets and walkways.

**Swim:** Will be a 1 km swim in Okanagan Lake.

**Run:** Will be a 2.5km flat course on paved streets and walkways.

**Aid:** 1 Water stations on the run course.

**Medical:** Medical staff available on site.

**Expected Temperatures :** Lake 20-24°C (69-75°F)  
Air 19-27°C (66-80°F)

### Rules & Regulations

1. Race conducted according TRI Canada rules and regulations. View rules at TRI Canada website at [www.triathloncanada.com](http://www.triathloncanada.com). TRI Canada officials will be in attendance on the course.
2. It is the responsibility of all athletes to know the course, the rules and the start time and place.

**Note:** We reserve the right to use your photo including video for promotion of our races. Thank-you.

The Kelowna Apple Triathlon Society is a registered non-profit society. Visit us at:  
[www.appletriathlon.com](http://www.appletriathlon.com)

## Registration & Event Information

**Please register online** at [www.appletriathlon.com](http://www.appletriathlon.com)

You may also register by mail to:  
Kelowna Apple Triathlon Society  
410-1708 Dolphin Ave.,  
Kelowna, BC V1Y 9S4

Phone or fax entries will not be accepted. Mail-ins should allow several weeks for manual posting.

Registrations should be confirmed by checking the list of Entrants on our Web Site "www.appletriathlon.com".

**Deadline:** Registrations will be received before **Sunday, August 15, 2010 at 5pm.**

**Method of Payment:** Online registrations by VISA or MASTERCARD only.

**Mail in** by Cheque or money order only.

**Entries are non-transferrable and non-refundable.**

**Race Pack Pick Up:** There are no race packs for the Aquathon.

**Pre-Race Meeting:** ½ hour before race start time. Please check our website at [www.appletriathlon.com](http://www.appletriathlon.com) for details closer to the event.

**Awards Ceremony:** Immediately following the race at the finish line.

**Results:** will be posted on the web at [www.raceheadquarters.com](http://www.raceheadquarters.com) and our website.



## Aquathon

**(2.5 km Run, 1 km Swim and  
2.5 km Run)**

**Friday, August 20, 2010  
Kelowna, B.C.**



## Entry Form

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

First Name: \_\_\_\_\_ M / F

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

Province/State \_\_\_\_\_

Country \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**Event:** Aquathon

Date of Birth (d/m/y): \_\_\_\_\_

Age: \_\_\_\_\_

(as of Dec 31, 2010, must be 19 or older)

## Medical Questionnaire

Medical information is necessary to ensure proper care in the event of an accident or illness during the event. If there is a change in your medical information at race day you are required to advise the medical director. Please write medical conditions on the back of your race bib number.

1. Any current or recurrent medical problems for which you are being treated? Y\_\_N\_\_

If yes please specify: \_\_\_\_\_  
\_\_\_\_\_

2. Are you on any medications? Y\_\_N\_\_

If yes please specify: \_\_\_\_\_  
\_\_\_\_\_

3. Are you allergic to any medications? Y\_\_N\_\_

If yes please specify: \_\_\_\_\_  
\_\_\_\_\_

4. Are you hypersensitive to insect stings? Y\_\_N\_\_

If yes please specify: \_\_\_\_\_  
\_\_\_\_\_

## Entry Fees

### Aquathon

\$25 or free if you are registered for our Sprint or Olympic distance triathlon (in which case you do not need to pay an additional Tri Can Fee or the mail-in registration fee). \$ \_\_\_\_\_

Tri Canada Fee\* add

\$15 or Tri Association # \$ or # \_\_\_\_\_

Manual/Mail-in entry, add \$5 \$ 5.00

TOTAL \$ \_\_\_\_\_

\*The Tri Canada Fee is a Temporary Membership applicable for all racers. Racers who show a valid membership card for a Canadian Provincial Association at Race Pack Pick-up are exempt.

No T-shirts are available for the Aquathon.

**International Entries:** Please make your payment in Canadian Funds.

### **Please Note:**

- Entries will not be accepted after 5pm on Sunday, August 15, 2010
- Postdated cheques will not be accepted
- N.S.F. cheques constitute automatic cancellation
- No refunds are permitted

**Waiver(s)** must be signed by all participants prior to Aquathon, at the start Line for the Aquathon. Triathletes wearing a security wrist band are exempt.

## Sponsors

Please support our sponsors.