

Race Overview

Date: *Corporate Cup* Sunday August 22, 2010
and
Olympic Relays Sunday, August 22, 2010

Time: Wave starts to be announced at pre-race briefing.

Place: Tugboat Beach, Kelowna, B.C.

Swim: *Corporate Cup* Swim 500m, *Olympic Relays* Swim 1500m. Swim is in Okanagan Lake and staffed by lifeguards, canoes, boats and divers.

Bike: *Corporate Cup* Bike 20km, *Olympic Relay* Bike 40km. Bike course is closed to vehicles, is a hilly, well marked and controlled by volunteers and flaggers.

Run: *Corporate Cup* Run 5km, *Olympic Relay* Run 10km. The course is flat on paved streets and walkways.

Water stations are on the run course.

Medical: Medical staff available at the finish line.

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

Rules & Regulations

1. Race conducted according to TRI Canada rules and regulations. View rules at the TRI Canada website at www.triathloncanada.com. TRI Canada officials will be in attendance on the course.
2. CPSC safety standard certified bicycle helmets mandatory.
3. **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.

Visit us at: www.appletriathlon.com

Registration & Event Information

Total Sunday entries limited to the first 1200 entrants.

Please register online at 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 posting. Registrations should be confirmed by checking the list of Entrants on our Web Site "www.appletriathlon.com".

Deadline: Registrations must be received before **Sunday, August 15, 2010 at 5:00pm PST or when registration fills up, whichever is first.**

Non-transferrable & non-refundable: Entries are non-transferrable and non-refundable.

Method of Payment: Online registrations by VISA or MASTERCARD only. Mail in by cheque or money order only.

Race Pack Pick Up & Optional Bike Inspection: Rotary Arts Center (on Cawston near the transition area) before race day on Thursday, 4 pm. – 8 pm.; Friday, noon – 8 pm. and Saturday noon – 8 pm.

Pre-Race Meeting (please check updates):

Corporate Cup & Olympic Relay - Sat
Time & Location – See www.appletriathlon.com closer to race date.

NOTE: It is the responsibility of all athletes to know the course, the rules and their start time and place.

Bike check-in: All bikes to be checked into transition area Saturday between 3:00 – 8:00pm.

Prize Draw: Prizes will be drawn by random selection. You must be present to claim prizes at your awards ceremony.

Results: will be posted on the web at www.raceheadquarters.com and our website.



Relay Teams
Corporate Cup
(750m Swim, 20k Bike, 5k Run)
Olympic Relay
(1.5k Swim, 40k Bike, 10k Run)

Sunday August 22, 2010
Kelowna, B.C.



Entry Form (Print Clearly)

Team Captain

Last Name: _____

First Name: _____ M/F

Address: _____

Postal Code _____

Phone _____

Email _____

Relay Category:

Sunday ___ Corporate Cup (NOTE - must have at least 1 female team participant)

Sunday ___ Olympic Relay
 ___ Open Male; ___ Open Female; ___ Family;
 ___ Open Mixed.

Relay Team Name

Team Members: Name & Tri Ass'n#(or N/A)

Swim _____ # _____ M/F

Bike _____ # _____ M/F

Run _____ # _____ M/F

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.

1. Are there any current or recurrent medical problems for which you are being treated?

Swimmer: Y ___ or N ___ If yes please specify: _____

Biker: Y ___ or N ___ If yes please specify: _____

Runner: Y ___ or N ___ If yes please specify: _____

2. Are you on any medications?

Swimmer: Y ___ N ___ If yes please specify: _____

Bike: Y ___ or N ___ If yes please specify: _____

Runner: Y ___ or N ___ If yes please specify: _____

3. Are you allergic to any medications?

Swimmer: Y ___ N ___ If yes please specify: _____

Biker: Y ___ or N ___ If yes please specify: _____

Runner: Y ___ or N ___ If yes please specify: _____

4. Are you hypersensitive to insect stings?

Swimmer: Y ___ N ___ If yes please specify: _____

Biker: Y ___ or N ___ If yes please specify: _____

Runner: Y ___ or N ___ If yes please specify: _____

More details if space is needed.

Waiver(s) must be signed at race pack pick up by all participants, **including all 3 relay racers, before race pack can be obtained.**

The Kelowna Apple Triathlon Society is a registered non-profit society.

Entry Fees

CORPORATE CUP RELAY

Aug 8, 2010 or earlier	\$150	\$ _____
After Aug 8	\$165	\$ _____
Tri Canada Fee*, add \$6 for each team member*		\$ _____
Manual entry add	\$5	\$ 5.00 ____
TOTAL		\$ _____

OLYMPIC DISTANCE RELAY

Aug 8, 2010 or earlier	\$150	\$ _____
After Aug 8.....	\$165	\$ _____
Tri Canada Fee*, add \$6 for each team member*		\$ _____
Manual 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.

- Registration Deadline **Sunday, August 15, 2010 at 5pm** or when registration fills up, **whichever is first**
- Postdated cheques will not be accepted
- N.S.F. cheques constitute automatic cancellation
- Please make payment in Canadian Funds

A free tech shirt will be given to entrants who register on or before Aug 8, 2010. After that date, shirts are only available while supply lasts. **Men's and Ladies sizes are available. Note:** Relay must include all 3 sizes

Swimmer: Men S [] M [] L [] XL []
 Women S [] M [] L [] XL []

Cyclist: Men S [] M [] L [] XL []
 Women S [] M [] L [] XL []

Runner: Men S [] M [] L [] XL []
 Women S [] M [] L [] XL []