

## Race Overview

**Date:** Saturday, August 21, 2010

**Time:** Start times posted at [www.appletriathlon.com](http://www.appletriathlon.com) (Schedule of Events) prior to race day.

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

**Swim:** Will be a lake swim in Okanagan Lake, well supervised and staffed by qualified lifeguards, canoes, boats and divers.

**Bike:** Bike course is one or more laps (5km per lap), depending on the age of the competitor. The course is closed to vehicles and is **draft legal for Junior Elites only**. The course is flat, well marked and controlled by volunteers, officials and police.

**Run:** Flat course that runs on paved streets and walkways.

Water stations are available 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. CPSC safety standard certification bicycle helmets mandatory.
2. Race conducted according Triathlon Canada Competition Rules. To view rules, visit <http://triathloncanada.com>. Officials will be in attendance.
3. It is the responsibility of all athletes to know the course, the rules (including drafting rules for Junior Elites) and the start time and place.

**Note:** We reserve the right to use your photo or 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. Please allow several weeks for manual posting of mail-in registrations. 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 5pm PST**.

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

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

### **Race Pack Pick Up & Mandatory Bike Check:**

Before race day at Rotary Arts Center (on Cawston near the transition area) – Thursday, 4 pm. – 8 pm. and Friday, noon – 8 pm. Package pickup for Junior Elites will be at race briefing.

**Bike check-in:** All bikes to be checked in to transition area the night before race day 3:00 – 8:00pm.

### **Pre-Race Briefings Friday before race day:**

Time & Location – See [www.appletriathlon.com](http://www.appletriathlon.com) (Schedule of Events) closer to race date.

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



**Try-a-Tri, KOS Youth and Junior Elites**  
**Saturday, August 21, 2010**  
**Kelowna, BC.**

**Swim, Bike, Run and have Fun!**



## Entry Form – (Print Clearly)

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

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

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

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

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

Age (as of Dec 31, 2010) \_\_\_\_\_

Event (check one choice)  Try-a-Tri;

Youth KOS or  Junior Elite

Youth KOS please circle age group (as of Dec 31, 2010)

8/9 10/11 12/13 14/15 or 16-19

## Athlete Facts

### Athlete Facts:

How many triathlons have you entered? \_\_\_\_\_

How many Apple Triathlons? \_\_\_\_\_

What is your favorite part of the race?  
\_\_\_\_\_  
\_\_\_\_\_

Other accomplishments or special comments?  
\_\_\_\_\_  
\_\_\_\_\_

## 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\_\_\_\_ or 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

### KOS@ YOUTH & JR. ELITE

Aug 8, 2010 or earlier. Age at Dec 31/10

8/9 & 10/11-\$40;

12/13 & 14/15 & 16-19 - \$50 \$ \_\_\_\_\_

-After Aug 8 add \$10 \$ \_\_\_\_\_

- Tri Canada Fee add fee (see \* below)  
or insert Tri Association # \$ or # \_\_\_\_\_

- Manual Entry add \$5 \$ 5.00 \_\_\_\_\_

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

### TRY-A-TRI

-Aug 8, 2010 or earlier, \$60 \$ \_\_\_\_\_

-After Aug 8 add \$10 \$ \_\_\_\_\_

- Tri Canada Fee\* add \$15  
or insert Tri Association # \$ or # \_\_\_\_\_

- Manual Entry add \$5 \$ 5.00 \_\_\_\_\_

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

\* BC Tri & Alberta Tri members who show a valid membership card at the Camp and at Race Pack Pick-up are exempt; otherwise a temporary membership fee must be paid. Youth is \$1 for 15 years and under; \$5 for 16 - 19 years, adults are \$15.

A free Event T-shirt will be included with registrations received on or before Aug 8, 2010. After Aug 8 T-shirts will be available on a first come first served basis while supply lasts. NOTE: Sizes are unisex.

Youth - YS[ ] YM[ ] YL[ ]

Adult S [ ] M [ ] L [ ] XL [ ]

### Note (new time):

- Entries will not be accepted after **Sunday, August 15, 2010 at 5:00pmPST!**
- Postdated cheques will not be accepted.
- N.S.F. cheques constitute automatic cancellation.
- Please make payment in Canadian Funds.

**WAIVERS: must be signed at race packet pick up by all participants. Parent/Guardian must sign Youth Waiver!**