

## Race Overview

**Date:** Sunday, August 22, 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 750m for Sprint & 1500m for Olympic & Elite, in Okanagan Lake, staffed by lifeguards, canoes, boats and divers. **Swim cut-off will be 70 minutes.**

**Bike:** Will be 20km for Sprint and 40km for Olympic & Elite. Closed to vehicles. **Draft legal for Elites only.** The course is hilly, well marked and controlled by volunteers & flaggers.

**Run:** Will be 5km for Sprint and 10km for Olympic and Elites. The course is flat on paved streets and walkways.

Water stations on the run course.

**Medical:** Medical staff available at finish line.

**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. 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.

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

## Registration & Event Information

**Entry on Sunday will limited to the first 1200 entrants for Relay, Sprint & Olympic combined.**

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

**Elites:** New this year: You must register with your National Federation, not with us.

**Deadline:** Registrations are open until **Sunday, August 15, 2010 at 5:00pm PST or until the races are full, whichever comes 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:** Before race day at Rotary Arts Center (on Cawston near the transition area) Thursday, 4 pm. – 8 pm.; Friday, noon – 8 pm. and Saturday noon – 8 pm. Elite's race packages at pre-race briefing only.

**Pre-Race Meeting:**  
Time & Location: See [www.appletriathlon.com](http://www.appletriathlon.com)  
(Schedule of Events) closer to race date.

**Bike check-in:** All bikes to be checked in to transition area the night before race day 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](http://www.raceheadquarters.com) and our website.



## Age Group, Relay Teams AWAD's & Elite Races

**Sprint Distance\***  
**(750m Swim, 20k Bike, 5k Run)**  
**Olympic Distance\***  
**(1.5k Swim, 40k Bike, 10k Run)**

**\*Canadian National Championships  
and National Team Qualifier**

**Sunday, August 22, 2010  
Kelowna, B.C.**



## 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) \_\_\_\_\_

Category (circle - as of Dec 31, 2010)

**Individual**; Elite; U-23; 18-19; 20-24;  
25-29; 30-34; 35-39; 40-44; 45-49; 50-  
54; 55-59; 60-64; 65-69; 70-74; 75-  
79;80+;

**Paratriathlete:**

Category \_\_\_\_\_

## Athlete Facts

**Athlete Facts:** What is your career?  
\_\_\_\_\_

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

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

Best time for Olympic distance Tri?  
\_\_\_\_\_

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\_\_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

### SPRINT

Aug 8, 2010 or earlier \$75 \$ \_\_\_\_\_

After Aug 8 \$90 \$ \_\_\_\_\_

Tri Canada Fee\* add \$15\*

or insert Tri Association # \$ or # \_\_\_\_\_

Manual Entry add \$5 \$ 5.00

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

### OLYMPIC

Aug 8, 2010 or earlier \$110 \$ \_\_\_\_\_

After Aug 8 \$125 \$ \_\_\_\_\_

Tri Canada Fee\* add \$15\*

or insert Tri Association # \$ or # \_\_\_\_\_

Manual Entry add \$5 \$ 5.00

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

**ELITE & U23: Please register with your National Federation and not with us (new this year).**

\*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.

### **Note (new time):**

- Registration Deadline **Sunday, August 15, 2010 at 5:00pm PST** or until 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 shirt will be given to entrants who register on or before Aug 8, 2010. After that date only available while supply lasts. **Men's and Ladies sizes are available.**

Men S [ ] M [ ] L [ ] XL [ ]

Women S [ ] M [ ] L [ ] XL [ ]

**Waiver(s)** must be signed at race pack pick up by all participants.