

Mandatory Pre-race Meeting

Includes carbo load meal

Friday June 15th 2010 6:00 pm
Lake Bonavista Community Assoc.
1401 Acadia Drive SE, Calgary AB

Event Distance Cut-Off Times

Swim 1.5 km 10:00 am
Bike 40 km 1:00 pm

Visit us at www.chinookhalf.com

Race Director Mike Bock 256-7770
Email: mikebock@shaw.ca

Assistant Race Director Loch Mclellan 455-3227
Email: lochspace@shaw.ca

Swim Captain Marcelo Sulkin 830 7975
Email: sulkinm@shaw.ca

Bike Captain Brad Smith 710-3137
Email: b-smith@telusplanet.net

Run Captain Lanny Wilson 891-1702
Email: lanny@threshold-training.com

Transition Captain Andre Bock 281-2619
Email: dabock@shaw.ca

Events Coordinator Linda Bock 256-7032
Email: ironmatewiens@shaw.ca

Volunteer Coordinator Karen Johansen 256-5314
Email: karenphileric@shaw.ca

- Required to follow ITU, TRICAN, ATA and Chinook Triathlon rules and regulations.
- Minimum age is 18.
- **Do you know someone interested in volunteering? Email or call Karen Johansen**

Age Group Divisions

Individual Events: 18-29, 30-39, 40-49, 50-59, 60+
(both men and women)

Medals awarded to top three male and female

Recognition of top 3 in each age category

Acknowledgement of Risk

Please read carefully & sign:

I acknowledge that participation in the sport of triathlon might result in personal injury to myself due to the endurance nature of the sport and the inherent risks associated with swimming, biking and running, especially on public roads. I accept these risks.

In consideration of my participation in Alberta Triathlon Association sanctioned event and training, I agree that the Alberta Triathlon Association, it's directors, officers, employees, coaches, volunteers, members, and agents shall not be liable for any personal injury or loss I might suffer from any such participation, unless such loss shall be caused by the negligence of any one or more of the above-named whilst acting within the scope of their duties.

Signature

Date

Speed Theory, 735A 10th Ave. SW Calgary
Tri-it Sports, 2640 Parkdale Blvd NW Calgary
The Running Room, 59 Shawville Blvd SW

Chinook Aquabike "41.5"



Saturday June 16TH 2012
Calgary, Alberta
9:15 AM
www.chinookhalf.com

Sanction by:



ATA-pending
www.triathlon.ab.ca

Registration Form

Please make your cheque or money order payable to:

Chinook Half Ironman Triathlon

243 Midvalley Place SE.
Calgary, Alberta T2X 1L3

On-line registration www.runningroom.com

Extra banquet tickets:

\$20 guest pre-race banquet meal _____

Total fee enclosed \$ _____

Guests are welcome to come to banquets

Team Name _____

Athlete Name _____

Sex M F Ph # _____ Birthdate: _____

Age on race day _____

Shirt Size S M L XL

ATA # _____ Exp. date: _____

Address _____

P.Code/City/Prov. _____

E-Mail _____

Athlete Name (Team) _____

Sex M F Ph # (____) _____ Age

Shirt Size S M L XL

ATA # _____ Exp. date: _____

Address _____

P.Code/City/Prov. _____

E-Mail _____

Athlete Name (Team) _____

Sex M F Ph # (____) _____ Age

Shirt Size S M L XL

ATA # _____ Exp. date: _____

Address _____

P.Code/City/Prov. _____

E-Mail _____

to insure proper care in the event of an accident or illness during the event.

1. Do you have any current or chronic medical problems that are being monitored by a doctor?
Yes No

2. Are you allergic to any medications?
Yes No

3. Are you on any medications?
Yes No

4. Are you hypersensitive to insect stings?
Yes No

5. Do you wish the medical staff of the **Chinook Triathlon** to be aware of any specific medical problems?
Yes No

Emergency Contact Person (race day)

Phone # (____) _____

Optional Occupation _____

Your Achievements (attach separate sheet for more info) _____

- Two laps of Midnapore Lake (185 Midlake Boulevard SE).
- Mass start: please, seed yourself accordingly.
- Open water swim: wetsuits are recommended.

40 Km Bike

- Transition and start at Lake Midnapore
- A scenic and challenging route west on Hwy 22X to the Kananaskis entrance and back.
- Approved helmet is mandatory.

Entry Fee Deadlines

	<u>Individual</u>	<u>Team</u>
Dec 31	\$120	\$250
Dec 31- Apr 30	\$140	\$275
Apr 24-Jun 15	\$160	\$300

- Must be a current and valid ATA membership at the time of registration and on race day. No refunds will be provided.
- Our Cancellation policy: **No Refunds or Exchanges**
- Entry limit: 100 individuals
- Regular bank charges will be applied to any NSF cheques received.

Medical Questionnaire

Course & Fee Descriptions

The following information is crucial to our medical staff

1.5 Km Swim