

## Mandatory Pre-race Meeting

### **Includes carbo load meal**

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

<u>Event Distance</u>	<u>Cut-Off Times</u>
Swim 1.5 km	10:00 am
Bike 40 km	1:00 pm
Run 10 km	5:00 pm

Visit us at [www.chinookhalf.com](http://www.chinookhalf.com)

**Race Director** Mike Bock 256-7770  
Email: [mikebock@shaw.ca](mailto:mikebock@shaw.ca)

**Assistant Race Director** Loch Mclellan 455-3227  
Email: [lochspace@shaw.ca](mailto:lochspace@shaw.ca)

**Swim Captain** Marcelo Sulkin 830 7975  
Email: [sulkinm@shaw.ca](mailto:sulkinm@shaw.ca)

**Bike Captain** Brad Smith 710-3137  
Email: [b-smith@telusplanet.net](mailto:b-smith@telusplanet.net)

**Run Captain** Lanny Wilson 891-1702  
Email: [lanny@threshold-training.com](mailto:lanny@threshold-training.com)

**Transition Captain** Andre Bock 281-2619  
Email: [dabock@shaw.ca](mailto:dabock@shaw.ca)

**Events Coordinator** Linda Bock 256-7032  
Email: [ironmatewiens@shaw.ca](mailto:ironmatewiens@shaw.ca)

**Volunteer Coordinator** Karen Johansen 256-5314  
Email: [karenphileric@shaw.ca](mailto: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)

Team Events: only one category. (minimum 18 years of age)

**Medals awarded to top three in each 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

For Teams, complete a separate form for each athlete and mail or drop off to locations listed.



253-7717

9176 Macleod Trail South, Calgary  
Tri-it Sports, 2640 Parkdale Blvd NW Calgary  
The Running Room, 59 Shawville Blvd SW

## **Chinook Olympic "51.5" Triathlon**



**Saturday June 16<sup>TH</sup> 2012  
Calgary, Alberta**

**9:15 AM**

**[www.chinookhalf.com](http://www.chinookhalf.com)**

**Sanction by:**



ATA-pending  
[www.triathlon.ab.ca](http://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](http://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 \_\_\_\_\_

## Medical Questionnaire

The following information is crucial to our medical staff 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) \_\_\_\_\_

\_\_\_\_\_

## Course & Fee Descriptions

### 1.5 Km Swim

- 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.

### 21.1 Km Run

- A scenic 2 loop course through beautiful Fish Creek Provincial Park. A National Heritage Site within the City of Calgary and one of the largest inner city parks in North America. Home to numerous wildlife; deer, beavers, and waterfowl.

### 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: 400 individuals, 20 teams
- Regular bank charges will be applied to any NSF cheques received.