

**WAIVER - (Please note: unsigned  
waivers cannot be accepted)**

RELEASE AND INDEMNITY

PLEASE READ CAREFULLY

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless Triathlon BC (Triathlon BC) representatives and agents for any injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in Triathlon BC organized events and activities and notwithstanding that the same may have been contributed to or occasioned by the negligence of the Triathlon BC representatives or agents. I acknowledge that I am responsible for the roadworthiness and correct operation of my bicycle. I realize that I may be subject to unannounced drug testing as provided for by Triathlon Canada's agreement with the Canadian Center for Ethics in Sport

In witness thereof, I hereunder set my hand this

day of \_\_\_\_\_, 2009

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_ Parent / Guardian  
If under 19 years of age

Witness Name \_\_\_\_\_ Witness Signature \_\_\_\_\_

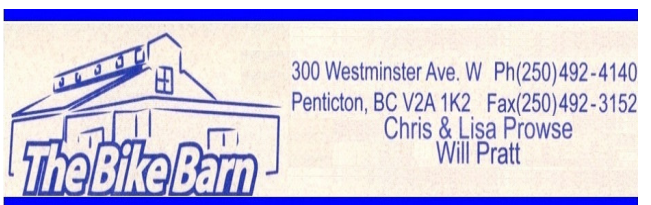
Mail Completed Registration to:  
**Boston Pizza Junior Triathlon**  
**c/o Penticton Triathlon Club**  
**1 06-340 Hastings Ave**  
**Penticton, BC V2A 9B9**

Or drop off at: Boston Pizza  
1900 Main Street  
Penticton, BC

**Categories / Distances**

AGE	SWIM	BIKE	RUN
8 TO 9	100 M	3.0 KM	1 KM
10 TO 11	150 M	6.0 KM	2 KM
12 TO 13	300 M	9.0 KM	3 KM
14 TO 15	500 M	12.0 KM	3 KM

This race is CONTINUOUS with a full TRANSITION



# Boston Pizza Junior Triathlon

**\*\*KIDS OF STEEL\*\***

All Youth, 8 to 15 years, Male and Female are eligible to participate.

**23rd ANNUAL SATURDAY - JULY 18, 2009**

**STARTS AT SS SICAMOUS 7 AM PRECISELY**

**Awards for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>**



**Male and Female in each category**

REFRESHMENTS, AWARDS, AND DOOR PRIZES AT SS Sicamous Esplanade Park

\$35 REGISTRATION FEE INCLUDES ENTRY, CARBO LOAD DINNER, AND LOTS OF EXTRAS

ENTRY DEADLINE IS JULY 17, 2009

## Race Information

(Triathlon BC Sanctioned)  
.I.T.U. and TRI BC rules in effect.

- 1 TRIBC rules on Age Groups. Entries grouped by athletes age as of December 31,2009.
- 2 Bike inspection will take place during registration between 3-5 pm Friday, July 17, 2009 at Boston Pizza.
- 3 Check-in will be at 6 am on race day next to the SS Sicamous.
- 4 There will be no delay in the race start. All athletes must be prepared to SWIM at 7 am precisely.
- 5 The swim portion will take place in Okanagan Lake. The water will be chest deep. Standing will be permitted but there cannot be any forward movement while standing. Walking or running in the swim portion will result in disqualification. Lifeguards will be on duty.
- 6 This is a continuous triathlon! Swim finishers immediately proceed to the transition area and begin the cycling portion. The cycling course follows Riverside and Lakeshore Drives.
- 7 This is a continuous triathlon! Bike course finishers immediately depart the transition area for the run course. Age Group 8 to 9 runners will run one loop or the run course. Age Group 10 to 11 runners will run 2 laps of the running course. 12-15 Age Groups will run 3 laps of the same course.
- 8 Unsportsmanlike conduct and profanity will not be permitted and could lead to disqualification.

## Equipment Regulations

- 1 Triathlon Canada Kids of Steel Race Rules are in effect. They can be viewed at [www.tribc.org](http://www.tribc.org)
- 2 Tri Bars Cleat Pedals, Cycling Shoes, and Racing Wheels are only usable by Age Group 14 to 15. Strap in pedals are no longer allowed.
- 3 Hard-shell helmets are mandatory in the bike portion of the race. Hockey helmets are **NOT** acceptable. There are no other exceptions to this rule.
- 4 Flippers, hand paddles, flotation devices and wetsuits may not be used in the swim portion.
- 5 Colored Swim Caps will be provided for the swim and must be worn to identify age groups.

### SCHEDULE

#### **FRIDAY—July 17th**

**3:00 P.M. — 5:30 P.M. Race package pickup** and Bike Safety Check, at Boston Pizza at 1900 Main Street. It is strongly recommended that you have your bike inspected by your local shop before departure from home. Please refer to **Equipment Regulations**, above. Do not be caught at the last minute by use of non-conforming race gear! All entry fees must be paid by this time. Late package pickup for **out of town participants only** from 6:00-6:30 am on race day.  
**4:00 P.M.— 5:30 P.M. Carbo loading party** for all participants at **Boston Pizza** following the Bike Check.

#### **SATURDAY—July 18th**

**6:00 A.M.— 6:30 A.M. Late check-in** for out of town located at SS Sicamous Esplanade Park.  
**6:00 A.M.** Bike Lot opens  
**7:00 A.M. RACE START!** Youth Race, KOS  
**9:50 – 10:00 A.M. Awards ceremony starts,** Refreshments will be available and results will be posted to the Internet afterwards.

*Draws for prizes will be made at registration and during the awards ceremony. Athletes must be present to win special prizes.*

## Registration

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Mailing: Box or Street Address  
\_\_\_\_\_

City \_\_\_\_\_

Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ E-Mail Contact \_\_\_\_\_

Age as of **December 31, 2009:** \_\_\_\_\_

Birthday: \_\_\_\_\_ MM \_\_\_\_ DD \_\_\_\_\_ YY

Gender: Male  or Female

RACE ENTRY: \$ 35.00

Tri BC # \_\_\_\_\_  
(includes tribc day of race fee)

Total: \$ \_\_\_\_\_

Please make cheque payable to:

**The Boston Pizza Junior Triathlon**

**SPECIAL THANKS!!**

**Penticton Pounders Running Club**

**Nickel Plate Cross Country**

**KISU SWIM CLUB**

**SS Sicamous Restoration**

**IGA MARKET PLACE**

**AND**

**TO ALL THE VOLUNTEERS!**

**!! NO DAY OF RACE REGISTRATION!!**