

INDIVIDUAL REGISTRATION

NAME _____
ADDRESS _____
CITY/TOWN _____ POSTAL CODE _____
PHONE NUMBER _____
EMAIL _____ AGE _____
VISOR or T-SHIRT SIZE _____ GENDER _____

TEAM REGISTRATION

TEAM NAME _____
TEAM CAPTAIN'S NAME _____
ADDRESS _____
CITY/TOWN _____ POSTAL CODE _____
PHONE NUMBER _____
EMAIL _____

TELL US ABOUT YOUR TEAM:
(Ages as of July 09, 2010)

SWIMMER'S NAME _____
AGE ____ VISOR or T-SHIRT SIZE ____ GENDER ____
CYCLIST'S NAME _____
AGE ____ VISOR or T-SHIRT SIZE ____ GENDER ____
RUNNER'S NAME _____
AGE ____ VISOR or T-SHIRT SIZE ____ GENDER ____

PAYMENT

You MUST show proof of ATA insurance, or purchase day insurance for \$20

- \$60 INDIVIDUAL (\$75 AFTER JUNE 25) PLUS \$20 INSURANCE IF NEEDED.
- \$120 TEAM (\$135 AFTER JUNE 25) PLUS \$20 INSURANCE IF NEEDED.

You also have the option of making a donation.
Enclose separate cheque(s), made payable to
Canadian Humanitarian and/or the Okotoks Healthy Family
Resource Centre.

All entries are non-refundable and non-transferable. NSF cheques are subject to a \$25 fee. The entry deadline is July 1, 2010.

Platinum Sponsors



Gold Sponsors



Silver Sponsors



Bronze Sponsors



Ardiel Agencies

Media Sponsors



Venue Sponsor



The Foothills Charity Triathlon

Saturday, July 10, 2010
Okotoks, AB



Teams & Individuals Welcome

*Fun for beginners
as well as experienced athletes*

Swim 0.5 km Bike 20 km Run 5 km

Sanctioned by the



The focus of this fun triathlon is participation. All kinds of athletes are welcome.

Individual or teams can enter in this race. Do the whole thing yourself, or create a team: one swimmer, one cyclist, one runner.

There is a fun run for kids 15 and younger at **11:00 AM**. Racers can register on morning of July 10th. Fee is \$5.00 for insurance. Parents must sign waiver

Directions/Day's Itinerary: Between **7 and 7:45 AM**, park and check-in at the north side of the Okotoks Recreation Center Curling Rink. It is located on Milligan Drive, 2 blocks east of Highway 2A.

The first wave of the race starts at **8 AM**, at the Crystal Shores Beach House one block away. There is **NO** parking at the Beach House.

The triathlon begins with a 500 m swim in Crystal Shores Lake (wetsuits optional), continues with a 20 km cycle through the town and ends with a 5 km run.

When the race is done, head back to the Okotoks Recreation Center Curling Rink. Awards, draw prizes and the post-race celebration start there at **11:30 AM**.

Age Categories: 16 – 18; 19 – 29; 30 – 39; 40 – 49; 50 – 59 and over. Participants must be at least 16 years of age.

How to Register: Complete both sides of the entry form in this brochure and mail it with your race fees. Or enter online at www.foothillscharitytriathlon.com.

Race Packages: You must pickup your own packages on Friday, July 9th from **6:30 PM to 8:00 PM** at the Okotoks Recreation Center Curling Rink, 33. Late package pickup is from **7 to 7:45 AM** on race day morning.

Online registrants must sign a waiver at package pickup. You must present a current ATA or TriBC membership card, or pay \$20 for mandatory day insurance.

Racers may not pick up another racer's package for them. Thank you.

Further Information: To volunteer, find out about sponsorship opportunities or learn more, contact Race Director Garth Misura. Email info@foothillscharitytriathlon.com or call (403) 938 0154.

Join Us! Entry Deadline is July 1, 2010



All of the proceeds of this volunteer-driven triathlon go to children in need. Beneficiaries are orphaned children living in Ethiopia, and school-aged children living in Okotoks. Through Canadian Humanitarian, www.canadianhumanitarian.com, Kids Hope Ethiopia provides funds for orphan children to receive food, clothing and education. Through the Okotoks Healthy Family Resource Centre, www.ohfrc.org, children from low-income families receive backpacks full of school supplies as they head into the classroom in September.

\$30 of your race entry fee goes towards these children in need. You also have the option of sending a donation along with your registration form. You'll receive a charitable tax receipt for donations over \$10. You can also get your friends and family involved.

Collect Pledges for Orphan Children

Download pledge sheets from www.foothillscharitytriathlon.com.

Pledger will receive a charitable tax receipt.



ACKNOWLEDGMENT OF RISK

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 running, swimming and biking, especially on public roads. I accept these risks.

In consideration of my participation in this event, I agree that the Foothills Charity Triathlon Society, Canadian Humanitarian, the Town of Okotoks, the Municipal District of Foothills, and the Alberta Triathlon Association, its directors, officers, employees, coaches, volunteers, members and agents shall not be liable for any personal injury or loss that I might suffer from any such participation, unless such loss shall be caused by the negligence of any of the above named while acting in the scope of their duties.

Signature (individual) _____

Date _____

Signature (team swimmer) _____

Date _____

Signature (team biker) _____

Date _____

Signature (team runner) _____

Date _____

Participants must be 16 years of age or older.

Please mail cheque(s), signed waiver and completed form to:

FOOTHILLS CHARITY TRIATHLON
109 WESTRIDGE CLOSE
OKOTOKS, AB T1S 1N4