

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

In consideration of my participation, 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 of more of the above-named whilst acting within the scope of their duties.

Signature of Athlete: _____

Date: _____

For those under 18, the following must also be signed:
As parent of the above-named child, I agree to my child participating in the sport of triathlon and have instructed my child of the risks involved and to be safety conscious.

Signature of Parent or Guardian: _____

Date: _____

Note: Teams must attach a registration form for each team member.

Personal information gathered is solely for the purpose of communicating ATA related material. (ie: race notification, coupon savings, and any other related material). This information will never be given or sold to any other organization including ATA sponsors.

If you do not wish to receive ATA material please check here.

Course

Transition: Fountain Park Recreation Centre parking lot. Bike and equipment must be left in the transition area until the last competitor is finished. Please advise accompanying family and friends that the area is off limits to spectators.

Swim: 750 meter pool swim (25 meter pool) 15 laps or 30 lengths. Swim caps will be provided and must be worn. Wet suits are not allowed. Check in at poolside 30 minutes before heat start time.

Bike: A scenic 20 km out and back course through the picturesque Sturgeon Valley. Helmets are mandatory and must be worn while in possession of your bike. Bare torsos are not permitted. Race number bibs to be worn on your back during the bike portion. Drafting is not permitted. Bikes must be walked through transition to bike start on Sir Winston Churchill Ave. Volunteers will be at the turn-around to guide you and record race numbers.

Run: 5 km flat run. The run is a single loop 5 km course taking you along St. Albert streets and through some park areas. The course is well marked with race marshals at all intersections. Water will be available at the 2.5 km mark and at the finish line.

Showers, lockers and hot-tub are available at the pool. Show your race number at the office.

Try a Tri- Try a Tri is a shortened version of the same race on the same course, designed for beginning athletes who want to try the sport. Featuring a 250m swim in the pool, a 10k out and back bike ride and a 2.5k run

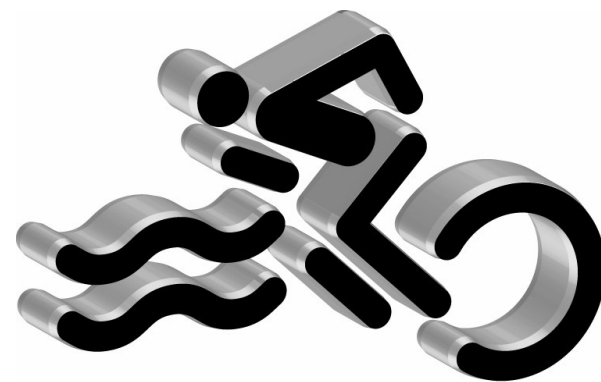
Entry form drop off

Entry forms may be mailed to:

St. Albert Triathlon
Box 17
St. Albert, AB
T8N 1N2

or dropped off at Cranky's bike shop
Please make cheques payable to STARRT

St. Albert Triathlon



STARRT

ST. ALBERT ROAD RUNNERS
AND TRIATHLON CLUB

July 26, 2009

Sanctioned by:



Information

Date: July 27, 2008, 8:00 a.m sharp
Location: Fountain Park Rec. Center
4 Cunningham Road
St. Albert, AB
Website: www.starrt.com
Contact: ilaxdal@telus.net

Distance

Event	Swim	Bike	Run
Sprint	750M	20km	5km
Try-a-tri	250M	10km	2.5km

Fees

Event	ATA Members	Non-ATA *
Individual	\$60.00	\$75.00
Team	\$100.00	\$115.00
Team (family)	\$90.00	\$105.00
Try-a-tri	\$60.00	\$75.00

*Non-ATA members add \$15 for individual event; Team is \$5 per event.

NSF cheques will be assessed a \$25.00 administration fee. Absolutely no refunds.

Register on-line at www.starrt.com/triathlon

Fee includes entry, timing, and t-shirt. Additional fee for non-Alberta Triathlon Association members to cover race-day insurance from the Alberta Triathlon Association. Must be a current and valid ATA membership at the time of registration and race day. ATA memberships may be purchased at www.triathlon.ab.ca.

ITU, Triathlon Canada and Alberta Triathlon Association rules and regulations are in effect.

Divisions

19 and Under, 20-29, 30-39, 40-49, 50-59, 60+ AWAD (athletes with a disability), and try-a-tri. Medals to be provided to the top 3 finishers in each division.

In accordance with ATA rules athletes under 16 years of age may only compete in the Try-a-tri and may not compete in the sprint event.

Schedule

Race package pickup pre-race day:

Friday July 24, 2009 5:00 p.m - 8:00 p.m
Saturday July 25, 2009 12:00 p.m-4:00 p.m

Location: Cranky's Bike Shop
#20-24 Perron St. St. Albert

Race Day:

Sunday July 26, 2009
6:00 a.m-7:00 a.m Check-in & body marking
6:45 a.m-7:00 a.m Race briefing
*Mandatory for all competitors
7:00 a.m First heat starts

Registration deadline

Registrations will not be accepted after July 20, 2009

Registration limit

Register early as the race will be limited to 256 entries for the triathlon and 64 entries for the try-a-tri.

Volunteers

**Interested in volunteering?
Need an awesome new t-shirt?**

Contact: Joanne at (780) 460-1656
or email triathlon@starrt.com

Registration form

Team Name (individuals leave blank)

Teams must attach a registration form for each team member.

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: (AM) _____ (PM) _____

Gender: M F Est. swim time: _____

E-mail: _____

Age as of December 31, 2009: _____

Birth date: ____/____/____
DD MM YY

ATA Mem. #: _____ Expiration: _____

T-shirt size (circle) S M L XL

Personal Information

Please include any pertinent information for the announcer, i.e first triathlon, previous accomplishments.

Select one of the following:

- Individual event
 Team event (circle) Swimmer Cyclist Runner
 Try-a-tri

Note: In order to process your registration the acknowledgement of risk on the opposing page must be signed by the athlete and parent or guardian if less than 18

