

MOUNTAINVIEW TRIATHLON AND DUATHLON

Where?

Duncan Murray Recreation Center
805 Switzer Drive, Hinton
(Across from the pulp mill!)

When?

The Triathlons start at 8:00am on Sunday June 6th. The Duathlon starts at 10:00 am.

Race Kit Pick-up

Race participants can pick up the race kits on Saturday evening at the Carbo dinner or before the race Sunday morning. CSA approved bike helmets are required. There is no official bike check. General bike condition checks will be done while bikes are in the transition area.

Entry Deadlines

The entry deadline is **Monday, May31st, 2010**. No entries will be accepted after this date. All participants must be ATA members!

Online Registration at www.mountainviewtri.com

or

Drop off at:

The Duncan Murray Recreation Center
Customer Service Desk
805 Switzer Drive
Or mail to Kate Wright
571 Mountain St.
Hinton, Alberta
T7V 1H9

**Cheques payable to:
Mountainview Triathlon**

We need volunteers for June 5th Kid's Triathlon and June 6th Adult Tri.

To Volunteer Contact Carol 780-865-5716

I would like to volunteer for Kid's Tri ___ or Adult Tri ___

Name: _____ Phone #: _____

For more information contact

Kate Wright 780-865-3809 or Monika Braun 780-865-5944

Website and Online Registration at www.mountainviewtri.com

Direct Registration questions to Jerome Cranston @780-865-3809

or e-mail arctos@telus.net

MOUNTAINVIEW TRIATHLON AND DUATHLON

Mandatory Race Briefing and Carbo Dinner

Saturday June 5th at 6:00 p.m. at the Hinton Curling Rink located just west of the Dr. Murray Duncan Recreation Centre. At this meeting you will also find out your swim lanes and start times. Extra meal tickets for family or friends will be available for \$10.00.

Race Times

Body marking begins at 7:00 am. The first swim heat is at 8:00 am sharp. Please pick up your race chip between 7:30am and 8:30am. Duathlon starts at 9:00 am sharp.

Courses

The olympic triathlon starts with a 1500 m pool swim with a maximum of 4 swimmers per lane. A transition zone is located just outside the pool. The swim is followed by a 40 km out and back ride on Highway 16 on wide shoulders. The ride includes one steep climb to Obed Summit. Then an out and back run goes on a rolling 10 km course, mainly on gravel trails.

The sprint Triathlon has a 750 m pool swim followed by a 20 km out and back ride on Highway 16. The 5km run is on paved and gravel trails and is a different route than last year.

The 5 km run and 20 km bike course for the Duathlon (5km Run/20km Bike/2.5km Run) are the same as the Sprint Triathlon, but the 2.5 km run leg will follow the first half of the sprint course, turning around at the first water station. The same transition zone is used by both the triathletes and duathletes.

Awards Ceremony will be immediately following the last racer.

Triathlon Records

Male: Nik Southwell 1996, 1:55:11

Female: Sonja Frank 1996, 2:07:21

Team: Animaniacs 2000: 2:02:56

For more race information, previous race times, race routes and elevation profiles please visit www.mountainviewtri.com

Mountainview Official Entry Form
Individual Entry (Olympic and Sprint Triathlon and Duathlon) or
register online at www.mountainviewtri.com

Olympic Triathlon _____ Duathlon _____ Sprint Triathlon _____
 NAME: _____
 ADDRESS: _____
 CITY: _____
 POSTAL CODE: _____ PHONE: _____
 AGE ON DEC 31st, 2010 _____ SEX: F () M ()
 Email Address: _____
 Technical T-shirt size S M L XL (Please circle one)

Team Entry (Olympic Distance Triathlon Only)

SWIMMER: _____ Technical T-shirt size S M L XL (please circle one)
 CYCLIST: _____ Technical T-shirt size S M L XL (please circle one)
 RUNNER: _____ Technical T-shirt size S M L XL (please circle one)
 TEAM NAME: _____
 MALE () FEMALE () MIXED () PHONE: _____
 EMAIL ADDRESS: _____

Estimated Swim Time (needed for heat seeding)
 750 m _____ minutes 1500 m _____ minutes

Entry fees by May 31, 2010 ****THIS RACE FILLS UP SO REGISTER EARLY!!!****

Solo fees apply to either Olympic and Sprint Triathlon or Duathlon
 ATA Member \$55 (Before April 30th) \$65 (After May 1st)

ATA# _____ Exp.Date: _____
All participants must be ATA members!!

Team \$120 (Before April 30th) \$130 (After May 1st)
 Total Enclosed \$ _____

ATA memberships must be current as of race day.

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, 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 one or more of the above named whilst acting within the scope of their duties.

Signature (if solo) _____	Date _____
Signature (Team Swimmer) _____	Date _____
Signature (Team Cyclist) _____	Date _____
Signature (Team Runner) _____	Date _____

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: _____

PROVINCIAL CHAMPIONSHIP
MOUNTAINVIEW SPRINT TRIATHLON
(0.75 KM SWIM/20 KM BIKE/5 KM RUN)

MOUNTAINVIEW OLYMPIC DISTANCE TRIATHLON
(1.5 KM SWIM/40KM BIKE/10 KM RUN)

******NEW DISTANCE******

MOUNTAINVIEW DUATHLON
(5 KM RUN/20 KM BIKE/2.5 KM RUN)

DR. DUNCAN MURRAY RECREATION CENTRE
HINTON, ALBERTA

SUNDAY, JUNE 6TH, 2010



ATA-2010-SP-47

ATA-2010-OL-DU-10

Personal information gathered is solely for the purpose of communicating ATA related material. (i.e.: 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

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