



LONG LAKE TRIATHLON

Sunday, August 8, 2010

THE BEST IN OUTDOOR EQUIPMENT, CLOTHING & FOOTWEAR

**Individual and Team Categories
km Swim – 15.5 Mountain Bike – 6 km Run**

**POLAR SWIM
SHOP**

**Race starts at 10:30
Orientation at 10:00 – 10:30**

Registration fee is \$20 for individuals and \$60 for teams (payable as lump sum) which includes:

- race garment (technical unisex socks - \$20 value)
- post race BBQ
- draw prizes

Forms can be dropped off with payment at:
Coast Mountain Sports, 209 Main Street
icycle Sport, 9002 Quartz Road
Polar Swim Shop, 120-1116 1st Avenue

**Cash is Good - No Credit Cards
Cheques payable to Boreal Adventure Running Association (BARA)**

Information: 668-2858

INDIVIDUAL

Name: _____
 Address: _____
 Phone: _____ e-mail: _____
 Gender: Male ___ Female ___ Age on August 8: _____

TEAM

Team Name: _____ Contact Name: _____
 Phone: _____ e-mail: _____
 Swimmer

Name: _____
 Address: _____
 Gender: Male ___ Female ___ Age on August 8: _____
 Cyclist

Name: _____
 Address: _____
 Gender: Male ___ Female ___ Age on August 8: _____
 Runner

Name: _____
 Address: _____
 Gender: Male ___ Female ___ Age on August 8: _____

Waiver: Must be signed by all participants for entry acceptance. In registering for the Long Lake Triathlon, I state that I fully understand and assume the risk and responsibility for participating on a course that includes potential drowning, traffic hazards and rough trails. I waive all claims for myself and for anyone acting on my behalf, Boreal Adventure Running Association, and against any and all volunteers and sponsors of the event. I state that I am physically fit to participate in the triathlon and recognize the physical risks and stresses posed by this event.

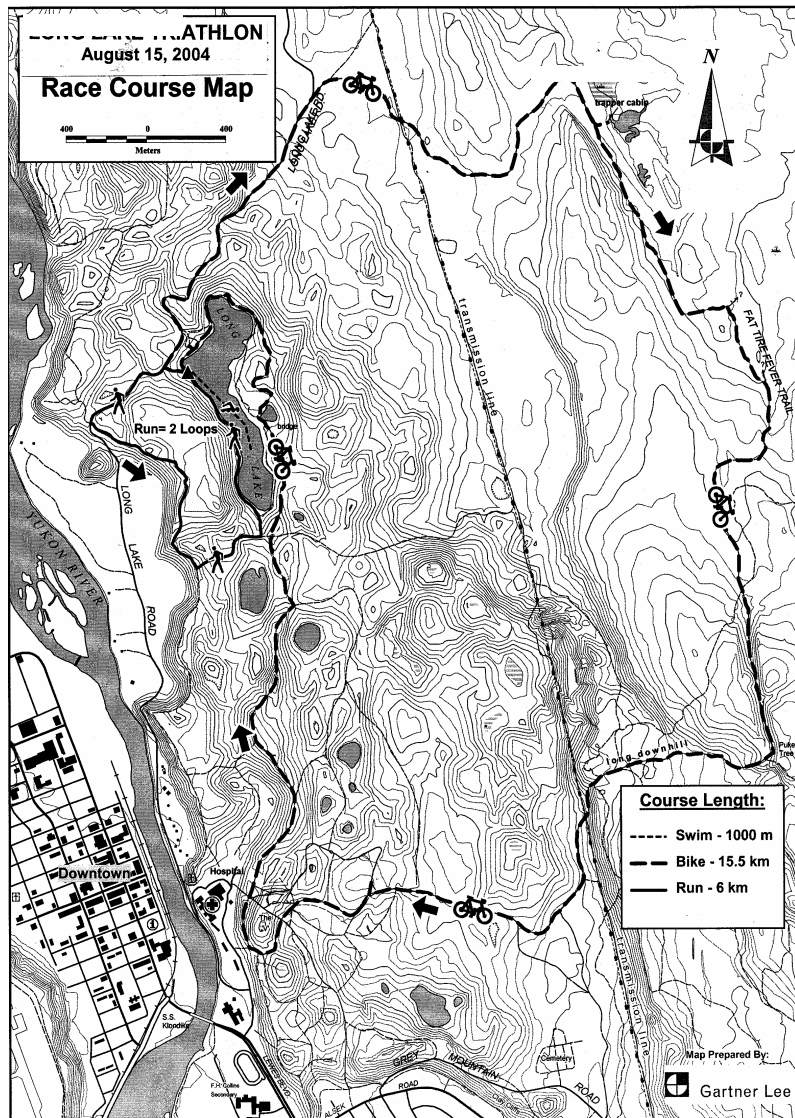
Name/signature: _____
 Name/signature: _____
 Name/signature: _____

Parent/Guardian Signature for Participants Under Age 18

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SUNDAY, AUGUST 8, 2010

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(per person)
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- Coast Mountain Sports
- Polar Swim Shop

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**POLAR SWIM
SHOP**

**COAST
MOUNTAIN
SPORTS**
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EQUIPMENT, CLOTHING
& FOOTWEAR

icycle sport

