

Thank-you to our Major SPONSORS!



PACKAGE PICK-UP

AQUATIC & FITNESS CENTRE

13205 Kelly Ave.

Thursday June 2nd 3:00 pm—6:00 pm

Friday June 3rd 9:00 am—7:30 pm

BADMINTON HALL

9540 Prairie Valley Rd.

Saturday June 4th 6:15 am—6:35 am

IF YOU ARE ENTERING IN THE TEAM CATEGORY EACH TEAM MEMBER RECEIVES A PACKAGE!

BIKE CHECK — each competitor's bike must be inspected for safety.
 Friday 6:00 — 7:00 pm at the Aquatic & Fitness Centre
 Saturday 6:15 am — Badminton Hall for out of town participants

FEATURES

- T-Shirt guaranteed to first 165 competitors
- Medals to 1st, 2nd & 3rd in each category
- **\$2,000.00** in Draw Prizes
- Change facilities and showers
- Free after race swim (6:15 - 7:30 pm)

PRIZES! MEDALS!



To be eligible for **\$2,000.00** in draw prizes competitors must be present at the awards presentation at 7:30 pm at Memorial Park Bandshell

PICTURE THIS!

We often take photos of special events and recreation programs. Sometimes we display them or put them in our brochure. If you have any objections to a picture of you or your child being printed, please let us know.

SUMMERLAND MAN OF STEEL TRIATHLON



SAT. JUNE 4, 2016

BIKE START

7:00 am ~ Badminton Hall
 9450 Prairie Valley Rd.

SWIM

9:00 am ~ Aquatic & Fitness Centre
 13205 Kelly Ave.

Swim time to be assigned at package pick-up

NEW RUN START

6:00 pm ~ Aquatic & Fitness Centre
 13205 Kelly Ave.

RUN FINISH

Aquatic & Fitness Centre ~ 13205 Kelly Ave.
 Chute closes at 7:30 pm

HOW TO REGISTER:

In Person: Summerland Parks & Recreation Office
 13205 Kelly Ave., Summerland, BC
 Phone: (250) 494-0447

By Mail: P.O. Box 159, Summerland, BC V0H 1Z0

OR: **on-line race registration**
www.runningroom.com

\$2,000.00 in Draw Prizes

INDIVIDUAL CATEGORIES

		Bike 7 am	Swim 9 am	Run 6 pm
0-10	Male	10k	400m	5.4k
0-10	Female	10k	400m	5.4k
11-13	Male	10k	400m	5.4k
11-13	Female	10k	400m	5.4k
14-18	Male	10k	400m	5.4k
14-18	Female	10k	400m	5.4k
19+ Open Rec		10k	400m	5.4k
19-39	Male	30k	800m	10k
19-34	Female	30k	800m	10k
40-59	Male	30k	800 m	10k
35-54	Female	30k	800m	10k
60+	Male	30k	800m	10k
55+	Female	30k	800m	10k

BIKE CHECK

Friday
6:00 - 7:00 pm
for all race participants
or
Saturday
6:15 am
for out of town participants

TEAM CATEGORIES

Family	10k	400m	5.4k
(must include 1 adult & 1 child)			
0-10 Female	10k	400m	5.4k
0-10 Male	10k	400m	5.4k
11-13 Female	10k	400m	5.4k
11-13 Male	10k	400m	5.4k
14-18 Female	10k	400m	5.4k
14-18 Male	10k	400m	5.4k
19-49	30k	800m	10k
50+	30k	800m	10k

Three members constitute a team, eldest member determines category

REGISTRATION

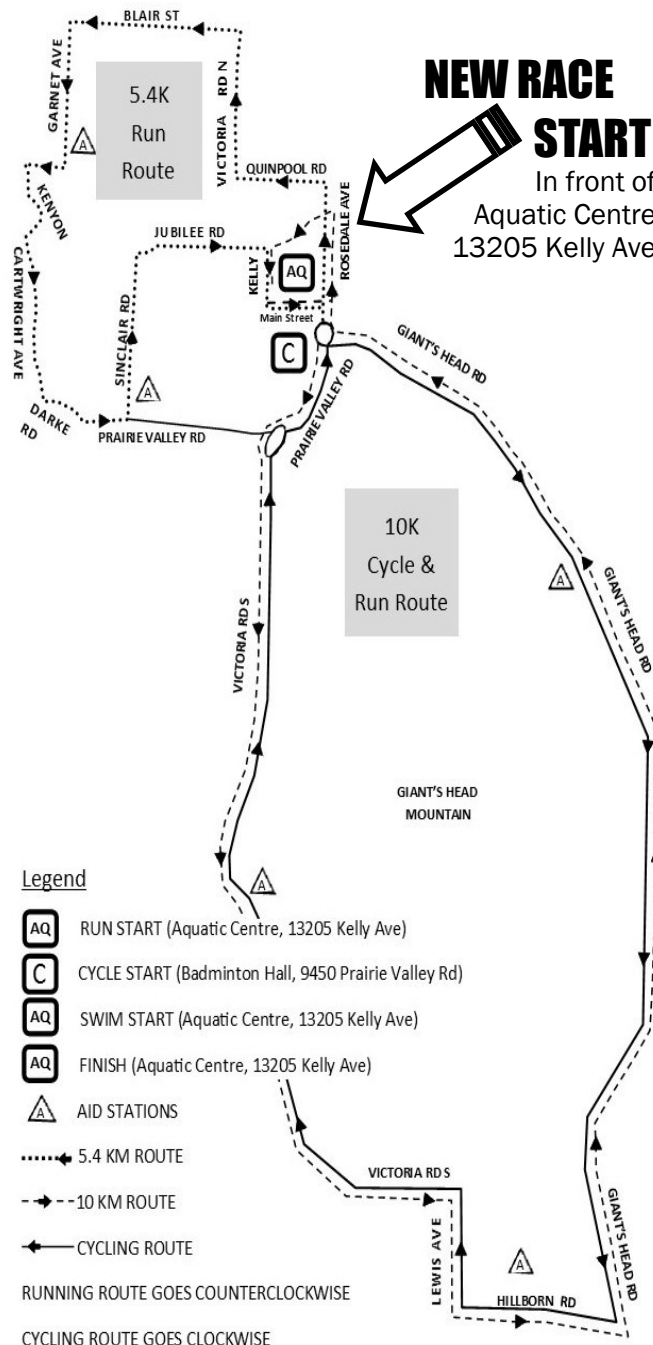
Youth (under 19)	\$15.00 by May 27th \$20.00 after May 27th
Adults (19+)	\$20.00 by May 27th \$30.00 after May 27th

SWIM TIME SIGN UP AT RACE PACKAGE PICKUP

Individual rate per team member — ALL TEAM MEMBERS MUST PAY TOGETHER at time of registration and all 3 waivers must be signed.

NO REGISTRATIONS RACE DAY!

Cheques payable to:
Summerland Parks & Recreation



NEW RACE START

In front of Aquatic Centre
13205 Kelly Ave

SUMMERLAND MAN OF STEEL ENTRY FORM AND WAIVER

(PLEASE PRINT CLEARLY)

Last Name _____ First Name _____

Mailing Address _____

City, Province _____

Postal Code _____ Phone # _____

Date of Birth ____ / ____ / ____ (Computer Requirements)
Month / Day / Year

Age (on race day) _____ Gender Male ___ Female ___

Email: _____

Teams Only	Family Team _____
	Other Team _____
Team Name _____	
I am the: Cyclist _____ Swimmer _____ Runner _____	

REGISTRATION

Youth (under 19) \$15.00 by May 27th
\$20.00 after May 27th

Adults (19+) \$20.00 by May 27th
\$30.00 after May 27th

Open Rec Division

T-shirt Information (Circle One)

Adult sizes: Small Medium Large X-Large

Youth size: Large

Amount Paid _____ Cheque Cash Interac V/MC

Staff Initial _____ Date _____

I, the undersigned, waive any and all rights to claims against the District of Summerland, its officers and committee members and/or other organizations or sponsors of this race, both individually and severally, and acknowledge the aforementioned are assuming no responsibility to the undersigned for injury, loss of life, damage, or loss of equipment, etc. I am also aware of the fact that all roads are open to vehicular traffic.

Signature of Entrant

Signature of Parent or Legal Guardian (if entrant under 19 yrs of age)

Entrants are warned that ALL ROADS are open to vehicular traffic and the Chute closes at 7:30 pm.