

PACKAGE PICK-UP

AQUATIC & FITNESS CENTRE

13205 Kelly Ave.

Thursday May 31st 3:00 pm—6:00 pm

Friday June 1st 9:00 am—7:30 pm

BADMINTON HALL

9540 Prairie Valley Rd.

Saturday June 2nd 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 150 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)

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.

Thank-you to our Major SPONSORS!



Summerland
DENTAL CENTRE
KNOWLEDGE / INTEGRITY / EXCELLENCE



SUMMERLAND MAN OF STEEL TRIATHLON



SAT. JUNE 2, 2018

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

RUN START

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

RUN FINISH

Aquatic & Fitness Centre ~ 13205 Kelly Ave.
Finish Line 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	Swim	Run
		7 am	9 am	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	800m	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 (must include 1 adult & 1 child)	10k	400m	5.4k
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
19-49 Male	30k	800m	10k
19-49 Female	30k	800m	10k
50+ Mixed	30k	800m	10k

Three members constitute a team, eldest member determines category

REGISTRATION

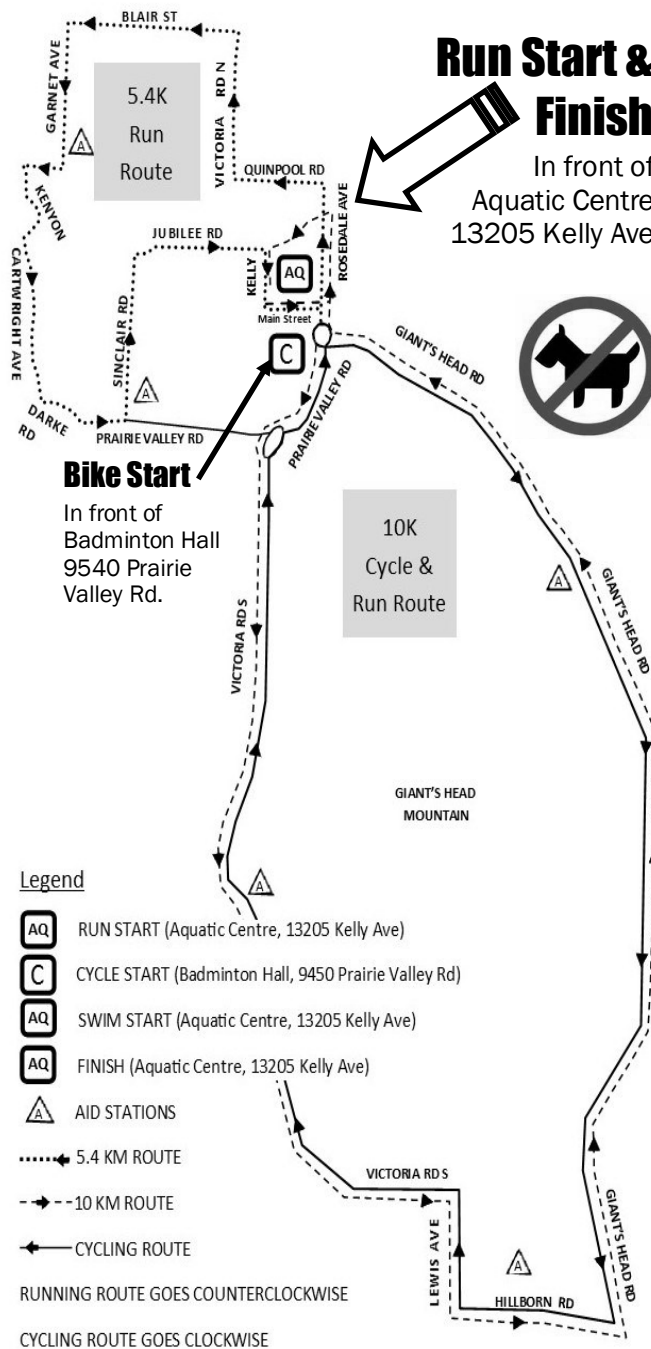
Youth (under 19)	\$15.00 by May 25th \$20.00 after May 25th
Adults (19+)	\$20.00 by May 25th \$30.00 after May 25th

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



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

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 25th
 \$20.00 after May 25th

Adults (19+) \$20.00 by May 25th
 Open Rec Division \$30.00 after May 25th

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)