

The Course



SWIM

The swim begins in the water off of Peach Orchard Beach. Swimmers are to marshal to their designated starting point 2 minutes before the race. Swimmers holding up the start by swimming beyond the start line after that time may be disqualified. Swimmers will swim the course keeping the marker rope on your right, swimming North to exit the water at the boat launch. No walking through the swim course, must swim.



BIKE

From the transition area, Adult distance cyclists will complete full tours of lower Summerland on Lakeshore Dr. Cyclists head north along Lakeshore Dr. and return south via the loop at the Crescent beach. Proceed south from Crescent beach past transition and to the point where Lakeshore Dr. joins Hwy 97. Execute a sharp turn and return north toward transition. Remember to complete the proper number of laps! Cyclists must beware of vehicles and Runners while on the route.



RUN

Runners will exit transition and proceed north via the dirt path and proceed north to the designated turn point **for your race**, except for 6-7, racers who will enter Peach Orchard Park and run inside park. Finish line is within the park, all runners will finish race with one lap inside park. Runners will avoid cyclists by running out and back on the water side of Lakeshore Dr. Runners are cautioned to run at the edge of the paved roadway and beware of vehicle traffic.

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Nell Macdonald
Peach City Runners
120 Main Street, Peachtree, BC
Phone: (250) 492-5352
Fax: (250) 492-5352
www.peachcityrunners.com
email: nell@peachcityrunners.com

MURRAY'S
Pizza & Pasta
Summerland: 404-4241
Penitiction: 492-4433

Summerland AND DISTRICT CREDIT UNION

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The Corporation of the District of
Summerland

LOCAL INFORMATION

For info on where to stay, eat or other activities when you are in Summerland for the Triathlon, visit the website:

www.summerlandchamber.bc.ca

or call Summerland Tourist Information at
1 (877) 212-1015

Mail to:
Summerland Sprint Triathlon
Box 373
Summerland, BC V0H 1Z0
Phone: 250.494.8247
Email: racecoordinator@summerland.net

*Hand Delivery of completed form to Orca Box at
Summerland Swimming Pool*

The
Summerland Orca Swim Club
Presents:

**Summerland Sprint
Triathlon
August 31, 2008**



KIDS OF STEEL®

KIDS OF STEEL

All Youth, 5-15 years. Male and Female are eligible to participate. (KOS Age Group Standards for Regional Competition)

**Timing Chip Timing!
Instant Results!
For all races!!**

New Location!!

**Peach Orchard Beach Park,
Lakeshore Road, Summerland**

**Larger viewing area, finish loop
through the park!!**

Race Information

(Triathlon BC Sanctioned)
I.T.U. and TRI BC rules in effect
Chip Timing

RACE AGE CATEGORIES (Male and Female)

SWIM BIKE RUN

| | | | | |
|---------|-----|------|-------|-------|
| 6 - 7 | KOS | 50M | 1.5KM | .5KM |
| 8 - 9 | KOS | 100M | 5KM | 1.5KM |
| 10 - 11 | KOS | 150M | 10KM | 2KM |
| 12 - 13 | KOS | 300M | 15KM | 3KM |
| 14 - 15 | KOS | 500M | 15KM | 3KM |
| 16 - 19 | | 750M | 20KM | 5KM |
| 20 - 29 | | 750M | 20KM | 5KM |
| 30 - 39 | | 750M | 20KM | 5KM |
| 40 - 49 | | 750M | 20KM | 5KM |
| 50 - 59 | | 750M | 20KM | 5KM |
| 60 - 79 | | 750M | 20KM | 5KM |
| 80 + | | 750M | 20KM | 5KM |

SCHEDULE

SATURDAY—August 30

12:00 P.M. — 3:00 P.M.

Race package pickup, at the transition area at **Peach Orchard Beach** on Lakeshore Road in Lower Summerland.

* Athletes are solely responsible for bike condition. It is strongly recommended that you have your bike inspected by your local shop before departure from home as we do not provide a bike check.

SUNDAY—August 31

7:00 A.M.— 7:45 A.M.

Race day check in, pick up timing chips, body marking open.

7:30 A.M.

Bike Lot opens

8:30 A.M.

RACE START! Youth Race

9:30 A.M.

RACE START! Adult Race 16 + over.

1:00 PM

Awards ceremony!!

Race Application

Last Name _____ First Name _____

Box or Street Address _____

City _____ Province _____

Postal Code _____ Telephone _____

Email Address _____

Male Female Birth date: DD MM YY

Age as of December 31, 2008: _____

T-Shirt Size:(circle one) Yth or Adlt S M L XL XXL

Triathlon Accomplishments: _____

In witness thereof, I have hereunder set my hand this

day _____ of _____, 2008.

Adult Entry Fees \$:

Before August 1st \$70
After August 1st \$85
Non-TRIBC Day of Race Card \$10
or Tri BC# _____

Kids of Steel Entry Fees \$:

Before August 1st \$35
After August 1st \$40
Non-TRIBC Day of Race Card \$ 1
or Tri BC# _____

**Family up to 4 people \$:

(must include an Adult, max. 2 adults) + tri fees as applicable \$150

Fees include T-Shirt if registered prior to August 15

Please make cheque payable to:

Summerland Orca-Sprint Triathlon

You may also register online at:

www.eventsonline.ca

Race will be timed using Timing Chips provided by Race Headquarters! Instant Results!!

WAIVER

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless Triathlon BC, Race Sponsors, organizers, volunteers, representatives and agents for any injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in the SUMMERLAND SPRINT TRIATHLON event and notwithstanding that the same may have been contributed to or occasioned by the negligence of the TRIATHLON BC representative or agents. It is EXPRESSLY UNDERSTOOD by the undersigned that this Race is entered into at the sole risk of the undersigned and that all Organizers of the Race are exempt from liability for any and all damages sustained and any and all injury and loss including personal and property loss arising from any cause whatsoever, including negligence.*

In witness thereof, I have hereunder set my hand this

day _____ of _____, 2008.

Athlete's Signature
(Parent or Guardian if under 19 years)

Witness Name
(Print)

Witness Signature
Parent or Guardian
(if under 19 years)

Race will be timed using Timing Chips provided by Race Headquarters! Instant Results!!

NO DAY OF RACE REGISTRATION