

the third annual

 **gulp,**
 **grind &**
 **gallop**

triathlon & duathlon



Sunday **2 NOVEMBER 2008**



ENTRY FORM

Course Descriptions

Triathlon

Leg 1: 300m Swim
 Leg 2: 14km Bike
 Leg 3: 4.5km Run

Duathlon

Leg 1: 500m Run
 Leg 2: 14km Bike
 Leg 3: 4.5km Run

Race Day Details - 2 November 2008

Registrations from 9.00am at Splash Place

Event Briefing: 9.45am

Start Splash Palace: 10.00 am

Leg Descriptions

Swim: Splash Palace (pool entry included in entry fee)
 Bike: From pool, turn right onto Tweed St, straight ahead onto Stead St, Dunns Rd, left onto Sandy Point Rd, until you reach the turnaround cone then return to Dunns Rd. Turn left onto Dunns Rd until you reach the bike/run transition.
 Run: Off-road loop within Fosbender Park

Cost:

| | | |
|-----------|------------|------------------|
| Triathlon | Team: \$50 | Individual: \$25 |
| Duathlon | Team: \$35 | Individual: \$20 |

How to Enter

Please register by 29 October

Entries after this date will be charged a \$10 late entry fee

1. At Sport Southland

SBS Sports House
 Isabella St
 Invercargill

3. Online at www.sportsouthland.co.nz (until 28 October)

4. Post entry into Sport Southland

PO Box 224, Invercargill

2. Allan White Sports

Esk St Invercargill

All enquiries to Sport Southland - Phone: 03 211 2150 or website: www.sportsouthland.co.nz

Entry form

Please tick section and category

Individual

Triathlon

Duathlon

First Name: _____ Last Name: _____ Gender: Male Female

Address: _____

Email: _____

I do not wish to be contacted for future events

Teams

Triathlon

Duathlon

(Tick if corporate team)

Team Name _____

Team Member 1: _____ Swim / Bike / Run Gender: Male Female

Address: _____ Email: _____

I do not wish to be contacted for future events

Team Member 2: _____ Swim / Bike / Run Gender: Male Female

Address: _____ Email: _____

I do not wish to be contacted for future events

Team Member 3: _____ Swim / Bike / Run Gender: Male Female

Address: _____ Email: _____

I do not wish to be contacted for future events

Terms of Entry – Entry not valid unless this acknowledgement, waiver and release from liability is signed by all entrants. Please read carefully before signing.

Waiver and Release

I will be 16 years of age or over on race day.

I agree to attend the pre-race briefing

I understand that this activity covers a degree of risk and is potentially dangerous.

I agree that I am participating in this activity entirely and knowingly at my own risk.

I acknowledge that all public roads will be open to all traffic and be prepared to come across such traffic at any time

I will follow the designated course on the day and obey all marshals' instructions

I will use the cycle lane on the Oreti Bridge, riding in single file & will not overtake on the bridge

I will wear a correctly adjusted, NZ safety approved cycle helmet on the cycle leg and my cycle will be in suitable and safe roadworthy condition

I will come prepared for all spectrums of weather conditions that might reasonably be expected for the duration of this event at this time of year

I agree that any photos taken can be use for any future promotional material

I hereby waive, release and discharge the event organizers, sponsors and volunteers from and kind of liability; from which my participation in the event may result.

SIGNED _____ / _____ / _____ DATED _____ / _____ / _____