



PHYZIQUE

offroad challenge **2010**

saturday
 11th december 2010

individual race
 team race

open triathlon

individuals
 and teams

400m swim
 11.5km bike
 7km run

open duathlon

individuals
 only

11.5km bike
 7km run



personal details

first name last name

address

email male female

D.O.B cell phone

medical concerns

category open triathlon open duathlon team triathlon team stage
team name

emergency contact

first name last name

address

email cell phone

payment

cheque cash

regular pre entry on the day entry
not guaranteed
individual \$40 \$50
team \$30 \$35

waiver

1. I hereby agree to comply with all the rules and regulations and event instructions of the **Physique triathlon** and its coordinators.
2. I do hereby release Physique health and fitness LTD., employees and volunteers, of all liability related to injuries or accidents to myself which may occur as a result of participation in the **Physique triathlon**.
3. I hereby acknowledge that I have sole responsibility for my personal possessions and athletic equipment during the **Physique triathlon** event, and its related activities.
4. I hereby acknowledge that there are always certain risks associated with any physical activity. I understand these risks and declare myself physically sound and capable to participate in the **Physique triathlon**.
5. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during the **Physique triathlon** event. No warranty as to the quality of medical care is being made.
6. I hereby permit the free use of my name and picture in broadcasts, telecasts and the press as they pertain to the **Physique triathlon** event.
7. I hereby agree that in the event of a race cancellation due to a storm, rain, inclement seas or weather, winds or other "Act of God" conditions, my enrollment fee shall be non-refundable.

signature

date ____/____/2010

Parent / Guardian to sign of behalf of a under 18 competitor

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schedule:

- 9:10am late entries all categories
- 10am race briefing for all
- 10:15am start of the triathlon
- 10:45am start of the duathlon
- 1pm prizegiving

rules:

- All competitors **MST** attend the race briefing.
- Wetsuits are allowed.
- A bright swim cap must be worn during the swim.
- Approved cycle helmets must be worn on cycle leg.
- All Road Rules and directions from Police and race marshals must be obeyed.
- Crossing of centre line on cycle leg leads to instant disqualification.
- No drafting on cycle leg on the shingle return.
- Competitors are responsible for ensuring that their

competition coordinator:

peter legnavsky 0275443652 / info@physique.co.nz



radio wanaka 92.2