

The Forster Tuncurry Triathlon Club invites you to participate in the Manning River Summer Festival Triathlon on Sunday 11 January 2009. The event will be held at Cundletown which is about a 5 minute drive north of Taree.

The Course

The **Saltwater Wine** Swim is a 500m swim in the Manning River and will be a deep water start adjacent to the boat ramp.

The **Pedal Power** 20km Cycle is a 2 lap course loop which will be monitored with road safety personnel and travels across the bridge to Dumaresq Island. The cycle leg is basically a flat course on "country roads".

The **Manning River Times** 5km Run will follow the bike course and again head over the bridge to Dumaresq Island and return. The run is a flat to undulating fast course.

Registration will be from 5.45am to 6.45am at the reserve in Kendall St Cundletown.

Race Briefing will take place 15 minutes before the race start.

Presentation will be held in Kendall Park after the last competitor finishes (at approx 9.30am). Food and drinks will be available to purchase.

PRIZE MONEY will be awarded to the 3 top Male and Female finishers, and all category winners. There will also be some random prizes.

This is a **Triathlon Australia** sanctioned event.



Taree, Forster & Port Macquarie



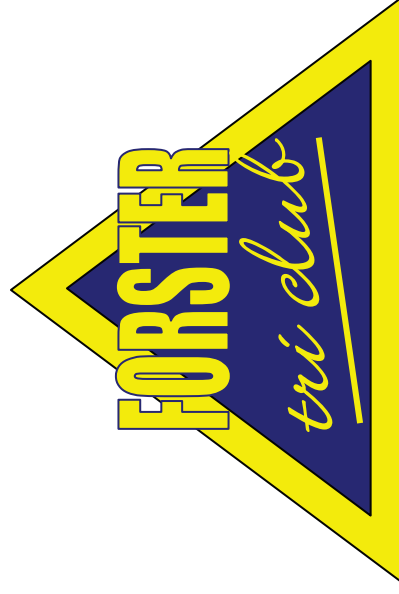
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MANNING RIVER SUMMER FESTIVAL TRIATHLON

Sunday 11 January 2009
Kendall Reserve
River Street
CUNDLETOWN

Race Start 7.00 am



Saltwater Wine 500m Swim
Pedal Power 20km Cycle
Manning River Times 5km Run

COST:

\$56 Individual (Non TA Member)

\$50 Individual (TA Member)

\$90 Per Team (includes one-day licence)

Entries close 5pm Friday 9th January 2009.
Late entries will incur a \$15 Late Fee.

Getting There:

From the Pacific Highway turn at the Cundletown exit north of the Taree exit. Follow the road through Cundletown for about 1km. Turn left at Queen Street at the Dumaresq Island turnoff (there is a corner shop on the left and a Memorial Hall on the right). Registration and race start will be to the next right in River Street. Parking will be available. Please follow the directions of the parking marshals.

Nearby accommodation:

Manning River Hotel
20 Oxley St
Chatham NSW 2430
Phone: 6552 3116

Cundle Motel

Pacific Highway

CUNDLETOWN NSW 2430

Phone: 65539709

Taree Tourist Information Centre – follow the links from www.manningriverfestival.info

Send applications with cheque or money order to:

Forster Tuncurry Triathlon Club
PO Box 145 Forster NSW 2428

For more information phone

Richard Sewell (Race Director)
0431910246

Or go to: www.forstertriclub.com.au

INDIVIDUAL ENTRANT

Name: _____

Address: _____

_____ P/Code: _____

Phone _____ Email: _____

D.O.B: _____ Male/Female

TA Licence No: _____
(if applicable)

Age Category: (Please circle)
15-19 20-24 25-29 30-34 35-39 40-44
45-49 50-54 55-59 60-64 65+

TEAM ENTRY

Team Name: _____

Swimmers Name _____

Address: _____

P/Code: _____ Email: _____

TA Licence No. _____

Cyclists Name: _____

Address: _____

P/Code: _____ Email: _____

TA Licence No. _____

Runners Name _____

Address: _____

P/Code: _____ Email: _____

TA Licence No. _____

Team Category (Please circle)
Male Female Mixed

Please make sure you read and sign the Participant's Agreement.

Participants Agreement

Must be signed by all competitors (For competitors under 18, a parent or guardian must sign).

WARNING: This is a legal document that affects your rights

I agree to compete in this event on the following basis:

1. I acknowledge that competitive triathlon involves the real risk of serious injury or even death from various causes including overexertion, equipment failure, dehydration, accidents with other competitors, spectators or road users, and course or weather conditions to name a few.

2. I understand that I should not compete in this event unless I have trained appropriately and a medical practitioner has verified my physical condition.

3. By competing, I accept all risks necessarily flowing from my participation that could result in loss of life or permanent injury. Accordingly, I release all people associated with the conduct of the event from, and will not indemnify them against all liability (including liability for their negligence) for all injury, loss or damage arising out of or connected with my participation in this event. For clarification, the people released include event organizers, promoters, sponsors, managers, Triathlon Australia Ltd, its members state and territory triathlon associations and all of their respective directors, officers, employees, agents, contractors and volunteers including event medical and paramedical personnel. This release and indemnity continues forever and binds my heirs, executors, personal representatives and assigns.

4. I consent to receiving any medical treatment that event organizers think desirable during or after the event.

5. I consent to event organizers using my name, image and likeness, before during or after the event for event promotional broadcasting or reporting purposes in any media.

6. I understand that compulsory insurance cover affected for participants in this event may not cover me for all injury, loss or damage sustained by me.

7. Safety precautions undertaken by organizers (such as course supervision, race safety briefings, bicycle and helmet safety checks) are a service to me and other competitors but are not a guarantee of safety.

8. I am fully responsible for the security of my personal possessions at the event. My registration is not transferable to other people. If I am unable to compete or the event is cancelled my registration fee is non-refundable.

10. I have attached to my entry form details of any medical or physical condition from which I suffer that might affect my performance or be relevant if medical treatment is needed.

11. I agree to abide by all race rules and directions issued by the event organizer.

12. I certify that I am 18 years of age or older and I have read this document and fully understand it.

Individual or Team Swimmer
Signature _____ Date _____
Medical Conditions _____

Team Cyclist
Signature _____ Date _____
Medical Conditions _____

Team Runner
Signature _____ Date _____
Medical Conditions _____

Declaration by Parent or Guardian
As a parent or guardian of the competitor I agree to the above for myself and on behalf of my child. I indemnify and will keep indemnified all people associated with the conduct of the event on the terms referred to above

Parent/Guardian Signature _____ Date _____