

The Forster Tuncurry Triathlon Club invites you to participate in the All Women's Festival Triathlon on Sunday 23 August 2009. The event will be held at Forster Keys which is about a 5 minute drive South of Forster.

**The Course**

The Swim is a 200m / 400m swim in the Wallis Lake and will be a waist deep water start.

The Cycle leg is a 3 / 5 lap course loop which will be monitored with road safety personnel and travels along Elizabeth Parade.

The 2 / 4km Run is flat and on the grass which follows the Forster Keys Foreshore .

**Registration** will be from 6.30am to 7.45am at Elizabeth Res. Forster Keys.

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

**Presentation** will be held in Elizabeth Res. after the last competitor finishes (at approx 10.00am). Food and drinks will be available to purchase.

**PRIZES.** There will be random prizes.

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

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ALL WOMENS TRIATHLON

**Sunday 23rd August 2009**

**Elizabeth Reserve**

**Forster Keys**

**FORSTER**

**Race Start 8.00am**



**NOVICE TRIATHLON**

**200M SWIM 9KM CYCLE 2KM**

**RUN**

**ENTICER TRIATHLON**

**400M SWIM 15KM CYCLE 4KM**

**RUN**

**COST:**  
**NOVICE TRIATHLON**  
**\$15 Individual (Non TA Member)**  
**\$10 Individual (TA Member)**

**ENTICER TRIATHLON**  
**\$25 Individual (Non TA Member)**  
**\$20 Individual (TA Member)**

Entries preferred by Friday 21st August 2009  
Entries will be accepted on the day.

**Getting There:**

From Forster, follow Macintosh St all the way through to the McDonalds roundabout. Go straight ahead through the roundabout onto the Lakes Way. Follow the Lakes Way through the next two roundabouts. On the third roundabout turn right into King George Parade follow this until the end. Parking will be available. Please follow the directions of the parking marshals.

**Nearby accommodation:**

Great Lakes Accommodation and Experiences are at your fingertips!  
[www.greatlakes.org.au](http://www.greatlakes.org.au) or free call 1800 802 692  
email: [tourism@greatlakes.nsw.gov.au](mailto:tourism@greatlakes.nsw.gov.au)

Send applications with cheque or money order to:  
**Forster Tuncurry Triathlon Club**  
**PO Box 145 Forster NSW 2428**

For more information telephone  
Richard Sewell (Race Director)  
043 191 0246

Or go to: [www.forstertriclub.com.au](http://www.forstertriclub.com.au)

**INDIVIDUAL ENTRANT**  
**NOVICE 200M / 9KM / 2KM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P/Code: \_\_\_\_\_

Phone \_\_\_\_\_ E-mail: \_\_\_\_\_

D.O.B: \_\_\_\_\_

TA.Licence No: \_\_\_\_\_  
(if applicable)

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

**INDIVIDUAL ENTRANT**

**ENTICER 400M / 15KM / 4KM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P/Code: \_\_\_\_\_

Phone \_\_\_\_\_ E-mail: \_\_\_\_\_

D.O.B: \_\_\_\_\_

TA.Licence No: \_\_\_\_\_  
(if applicable)

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

**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.
9. 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**

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 \_\_\_\_\_