

AGATE MAN TRIATHLON 4th, August, 2014

Events:

1. Triathlon: 500 meter Swim - 20 km Cycle - 6 km Run

See course description below. Wetsuits are optional. Regulation bicycle helmets are mandatory.

2. Triathlon Relay: A swimmer, a Cyclist, and a Runner- Same course and run concurrently with the Triathlon

3. Group Fun Relay: A swimmer and then as many Cyclists and Runners as you wish, placed wherever on the Cycle and Run courses you wish. This is a non-competitive event and placings will not be counted. Just come on out and have fun.

Where? Starts at Pure Lake. Finishes at Masset Firehall.

When? Monday 4th, August, 2014. Starts at 1030. Check in 0930 to 1015.

There will be T-shirts presented and a pasta buffet meal at the Masset Community Hall after the event.

Entry: Entries forms from and accepted by *Haida Gwaii Recreation PO Box 187, Masset, BC, V0T 1S0*

Phone: 250-626-5652 or 888-557-4418

Email: gcirec@gmail.com

Entry Fees: \$30 per person

Or \$90 dollars per team of 3 or more

Entry fees include 15% to Haida Gwaii Recreation for Insurance, Treasury, and other assistance.

**Enter EARLY! Entries received after 11th, July not guaranteed a T-shirt
(but we'll try)**

Course Description: We strongly recommend going over the course beforehand (See/download separate description for Maps)

Swim: Start on the beach at Pure Lake at 1030

500 meter swim out past the 'halfway buoy' CLOCKWISE around two turning buoys and back to the beach.

Cycle: Run to the Parking Lot, don bicycle helmet and mount bike for 20 km ride to Masset. Obey traffic laws. Ride to Masset.

TURN left onto the cause way and ride straight across Delkatla St and follow Hodges.

TURN First right (after old hospital site) onto Trumpeter Drive and follow it to the end

TURN left on Northwest Drive.

TURN second left on Park Drive to its end

TURN turning second right onto Hodges again.

FOLLOW Hodges to the Firehall to get off bike (bike may be left in the Firehall and don runners for....

Run: CLOCKWISE around the Delkatla Wildlife Sanctuary - Run back along Hodges, Left on Park Drive, Right on Northwest drive to the end at Trumpeter.

Left onto the "Dike Road" Sanctuary trail follow it to the end and turn right on Cemetery Road.

Follow Cemetery Road to the end and turn right on Tow Hill Road

Follow Tow Hill Road (on the right hand shoulder) to the Causeway.

Run on the sidewalk on the Causeway again crossing Delkatla St onto Hodges.

Cross onto the left hand sidewalk / footpath and follow this along the playing fields to the finish at the Firehall.

There will be course marshals at at least the Start of the Bike stage entering the Highway and at the left turn from Hwy 16 onto the causeway. **Remember. The roads are not closed so obey all traffic rules.**

**AGATE MAN TRIATHLON
ENTRY FORM**

Event:

Triathlon ____ **Triathlon Relay** ____ **Group Fun Relay** ____

Name: _____ **Team Name (if relay):** _____

Age: _____ **Gender:** M ____ F ____

T-shirt Size: S M L XL XXL

(office use only)

Date Received: _____

Event: _____ Fee received: _____

Participant Waiver Signed and received _____

Team or individual Number _____



Haida Gwaii Regional Recreation Commission
 PO Box 187, Masset, B.C. V0T 1M0
 p: 250-626-5652 / f: 250-626-5653
 toll free: 1-888-557-4418
 qcirec@gmail.com
www.hgrec.com

PARTICIPANT WAIVER, RELEASE, INDEMNITY AND CONSENT

Please read carefully:

I am aware that, by taking part in recreational programs and activities offered by the Haida Gwaii Regional Recreation Commission, I may be exposed to the possibility of injury, death, or other losses, including property damage. I willingly accept and assume all such risks, dangers, and hazards associated with my participating in such programs and activities, and the possibility of personal injury, death or loss which may result, directly or indirectly, from my participation. I hereby remise, release and forever hold harmless the Haida Gwaii Regional Recreation Commission, its employees, officers, leaders, agents, or representatives from all manner of actions or claims in relation to such risks and any associated injury, death or other loss including, without limitation, where any injury, death or loss is the direct or indirect result of negligence or gross negligence by the such employees, officers, leaders, agents or representatives.

I hereby remise, release and forever hold harmless the Haida Gwaii Regional Recreation Commission from any and all liability for any damage to property of, or personal injury to, any third party resulting from my participation in the recreational programs and activities.

In entering into this agreement I am not relying on any oral, written or visual representations or statements made by the Haida Gwaii Regional Recreation Commission.

I will inform the Haida Gwaii Regional Recreation Commission, and any leader or employee as required, of any medical, psychological or physical conditions which may affect my ability to participate in any program or activity. Please describe all past and current conditions, how they affect you, the symptoms of onset and the causes or potential causes of onset:

I confirm that I am aged 19 years or older, and that I have read and understood this agreement prior to signing it, and agree that this agreement will be binding upon my heirs, next of kin, executors, administrators and successors. I agree that this agreement will be governed by and interpreted in accordance with the laws of British Columbia and Canada, as applicable. If the applicant is below 19 years of age, the parent or legal guardian signing consent to this agreement acknowledges and confirms that the applicant may participate in the recreational programs and activities offered by the Haida Gwaii Regional Recreation Commission, and that the participant

release, waiver, indemnity and consent contained in this agreement applies to and is binding on the parent or legal guardian, and the indemnity extends to include any claim or action brought by any person associated with the applicant, or by any person on behalf of the applicant, or by any third party suffering any loss as a result of the actions of the applicant.

I understand that this waiver will be retained by the Haida Gwaii Regional Recreation Commission and will be valid for all recreation programs and activities offered in which I choose to participate.

Participant's Signature: _____

Participant's Name (please print): _____

Witness' Signature: _____

Parent/Guardian Signature (if under 19 years old): _____

Parent/Guardian Name (please print): _____

Phone Number of Parent/Guardian: _____

Alternative Emergency Contact Number: _____

Date: _____

Photograph Release Form:

I give permission for the applicant's photograph to be used by the Haida Gwaii Regional Recreation Commission for promotional and reporting purposes:

Name (please print): _____

Address: _____

Signature: _____

Parent/Guardian Signature (if under 19) : _____

Date: _____