

Sunday 2 November 2008, 8.30am start.

Hutt City 2008 Triathlon



A C H I E V E Y O U R G O A L S



4km **run**



18km **cycle**



300m **swim**



Be into win an Air New Zealand
Mystery Break for two, plus
loads of other spot prizes.

Enter Online www.huttcitytri.co.nz



Presented by

leisureactive
Enjoy Life!



Entry form

Please treat as a TAX INVOICE GST No. 52 097 053

INDIVIDUAL ENTRY (PLEASE PRINT)		TOTAL
First Name _____ Surname _____		
Phone (Day) _____ (Evening) _____ Cellphone _____		
Email _____ Age (on event day) _____ M / F _____		
Address _____		
City _____ Post Code _____		
Category (please tick one)	<input type="checkbox"/> 12-15 Matt Dryden Memorial Trophy presented to the winner of this category <input type="checkbox"/> 16-20 <input type="checkbox"/> 21-35 <input type="checkbox"/> 36-55 <input type="checkbox"/> 56+	
Entry Fee	<input type="checkbox"/> Individual \$30.00 <input type="checkbox"/> School Student \$20.00	\$ _____

TEAM ENTRY (PLEASE PRINT)		TOTAL
Team Name _____		
Category (please tick one)	<input type="checkbox"/> Adult Male <input type="checkbox"/> Adult Female <input type="checkbox"/> Adult Mixed <input type="checkbox"/> School Male <input type="checkbox"/> School Female <input type="checkbox"/> School Mixed	
Team Captain		
First Name _____ Surname _____		
Phone (Day) _____ (Evening) _____ Cellphone _____		
Email _____ Age (on event day) _____ M / F _____		
Address _____		
City _____ Post Code _____		
Runners Name _____ Age (On event day) _____ M/F _____		
Cyclists Name _____ Age (On event day) _____ M/F _____		
Swimmers Name _____ Age (On event day) _____ M/F _____		
Entry Fee (per team)	<input type="checkbox"/> Adult Male, Female, Mixed \$40.00 <input type="checkbox"/> School Team \$30.00	\$ _____

CYCLING TOP (OPTIONAL)		TOTAL
Hutt City Tri ALPE d'HUEZ Cycling Top. High performance Cool Dry fit fabric, Non-transparent elastic mesh contrast panels promote ventilation to maintain consistent body temperature, Raglan sleeve for unrestricted fit and arm warmer compatible, 38cm front invisible zipper, 3 rear pockets. More details at www.huttcitytri.co.nz		
Men <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL Womens <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	\$55 each (Normal retail \$79.95)	\$ _____

TRI SEMINAR (OPTIONAL)		TOTAL
Please tick if you would like to attend the following sessions.		
<input type="checkbox"/> Triathlon Seminar Part 1, Wednesday 24th September 7.15pm, \$5 per person		\$ _____
<input type="checkbox"/> Triathlon Seminar Part 2, Wednesday 22nd October 7.15pm, \$5 per person		\$ _____

TOTALS		TOTAL
Late Fee (after 29 October 08) \$15.00		\$ _____
Please make cheques payable to Hutt City Council. Cash/Eftpos facilities available on the day at Naenae Pool.	TOTAL	\$ _____

WAIVER AND RELEASE STATEMENT		
I have read, understood and agree to all race rules and conditions. This must be signed by ALL PARTICIPANTS (including each team member) or by parents if under 18 years of age.		
1. I agree to take part in this event entirely at my own risk.		
2. I understand that competing in this event involves running and cycling on public roads used by other people and traffic and I am aware of the hazards involved.		
3. I am fully aware all roads, except the Southern end of Everest Ave, are open to traffic and the public.		
4. I have read this entry form and agree to abide by all race rules and the directions of all race officials.		
5. I agree that the triathlon involves a degree of risk and I hereby release the event organisers, their officers, volunteers, employees, sponsors or any other party associated with the event of any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in the event.		
6. I confirm that I am experienced and fit enough to participate in this event.		
7. I authorise my name, voice, picture and any information provided by me to be used without payment in any capacity relating to the event.		
Signature _____	Signature _____	Signature _____
Date _____	Date _____	Date _____
<input type="checkbox"/> Tick here if you wish to receive information on other Leisure Active events and promotions.		

Welcome to the Hutt City Triathlon 08.

A fun, social event open to all ages and abilities from 12yrs to the over 55's. The emphasis is on a non-competitive friendly triathlon and is about getting out, challenging yourself and reaching your own personal goals. It's a great way to get back into shape for summer and provides the perfect training run for those wanting to compete in bigger events. Enter by yourself or as a team, it can be as fun or as competitive as you want it to be!

RACE INFORMATION

Date:	Sunday 2 November 2008
Entries Close:	Wednesday 29 October 2008, 5pm. All entries received after this date will incur a late fee of \$15.
Late Entries:	Will be taken up to 8.00am on the day. (Late fee applies.)
Venue:	Naenae Pool, Everest Avenue, Naenae, Lower Hutt
Registration:	Open from 7 – 8.15am on event day, upstairs at Naenae Pool. (Bikes can be racked from 7am)
Event Briefing:	A compulsory event briefing will held at 8:15am on event day. All participants must attend.
Event Order:	Start with 4km run, followed by 18km cycle, finishes with 300m swim.
Start:	8.30am, outside the main pool entrance.
Prize Giving:	Prize giving will be held at approximately 11am in the park adjacent to the pool or inside if wet. Spot prizes will be given out on a random draw basis and participants must be present to collect their prize.
Cancellations:	The event will continue wet or fine. The event organisers reserve the right to alter the course or remove some disciplines.
First Aid:	Red Cross Officers will be in attendance at the event.
Showers/Toilets:	Showers and toilets will be available at Naenae Pool.
Lockers:	Limited secure lockers are available poolside - tokens can be purchased from the Naenae Pool reception for 50c.
Photographs:	Photos will be available for purchase at www.shadowbox.co.nz in the week after the event.

EVENT RULES

1. Minimum entry age is 12 years, as at 2 November 2008
2. All roads, except the Southern end of Everest Avenue, are open to traffic
3. All road rules and directions of Police, Marshals and Red Cross officials must be obeyed at all times
4. No bikes are to be ridden in the transition area
5. All running must take place on the footpath, where possible
6. Please keep to the left at all times
7. Cycle helmets approved to NZ standards must be worn during the cycling leg
8. Bikes must be of a roadworthy condition
9. Footwear must be worn for the entire run section
10. Swimwear must be worn for the swimming section.
Cotton T Shirts are not permitted in the pool

TRAINING

A six week training programme is available online at www.huttcitytri.co.nz.

TRIATHLON SEMINAR

The Hutt City Triathlon, in conjunction with 'andrewsmithfitness' will be running a couple of exciting seminars for all those who would like to learn more about the do's and don'ts of triathlons. The seminars will help you build up for the event, covering training programmes, principals behind training, equipment, transitions, nutrition, injury prevention, buddies, motivation tips, questions and answer time.

Triathlon Seminar Part 1

Wednesday 24th September 7.15pm, \$5 per person

Triathlon Seminar Part 2

Wednesday 22nd October 7.15pm, \$5 per person

Venue: Naenae Pool, North end meeting room, Everest Ave, Naenae. Register and pay when you fill in your entry form.

ENQUIRIES

Phone: Leisure Active (04) 560 0309

Email: leisureactive@huttcity.govt.nz

ENTRIES

Online Entries: www.huttcitytri.co.nz

Postal entries: Hutt City Triathlon, Leisure Active, Hutt City Council
Private Bag 31 912, Lower Hutt. 5040.

REFUND POLICY

A 50% refund policy applies up until Wednesday 29 October, 5.00pm. No refunds or transfers will be issued after this date. In the case of a natural disaster, entry fees will not be refunded.

EARLY BIRD FEATURE

Enter before 1 October 2008 and be in to win one of 4 one-month memberships to the Leisure Active Fitness Suite. This is the perfect prize to train for the Hutt City Triathlon. **Register NOW!**

Hutt City
2008 **Triathlon**



A C H I E V E Y O U R G O A L S

Course Details

Maps not to scale

1. Run Leg – 4km (Footpath Only)

Run Leg Sponsor: Resene



2. Cycle Leg – 18km

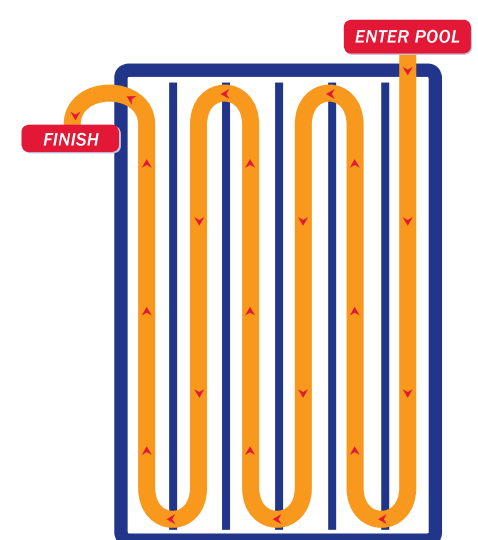
Cycle Leg Sponsor: Leisure Active Fitness Suite



3. Swim Leg – 300m

Complete 6 x 50m laps
of Naenae Pool

Swim Leg Sponsor: SPANK Sport



PROUDLY SUPPORTED BY:

