

Athlete Questionnaire

Did you pick your weekend/ weekday on front of this form? Yes ___ No ___
If you answered No please ensure you picked your weekend prior to sending this form in

How/Where did you hear about My First/Next Triathlon ? _____

Occupation _____

Special Medical Alert _____

Estimated times for this year: (optional)

Swim _____ Bike _____ Run _____

List notable accomplishments (for race programs and announcer information). Continue on additional sheet, if required. Races done, rivers crossed, mountains climbed, families raised, etc.

READ CAREFULLY BEFORE SIGNING

I acknowledge that a triathlon is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN TRIATHLONS I certify that I am physically fit, have sufficiently trained for participation in this event(s), and have not been advised otherwise by a qualified medical person. I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: a) WAIVE, RELEASE, DISCHARGE AND AGREE NOT TO SUE from any and all liability for my death, disability, personal injury, property damage, property theft or action of any kind which may hereafter accrue to me as a result of my participation in, or my traveling to and from THE FOLLOWING ENTITIES: The My First/Next Triathlon 2010, Event Sponsors, Event Directors, Event Producers, Event Workers and Volunteers, Event Connected charities, and all cities, countries, districts, public agencies and /or provinces in which said Events may be staged or in which segments of said Events may be run or have responsibility therefore and the officers, directors, employees, representatives and agents and volunteers of all of the above.

b) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any of my actions during an Event. This waiver release and indemnification agreement is not intended to encompass claims arising out of intentional misconduct by covered parties. I acknowledge that the above Waiver and Release applies specifically to the My First/Next Triathlon (CES) and to all persons and entities associated with it. I hereby consent to receive medical treatment in the event of my injury, accident and/or illness, during any event. I understand that at (CES) Events or related activities, I may be photographed, I agree to allowing my photo, video or film likeness to be used for any legitimate purpose by (CES), the Event producer(s), Event sponsors and/or assigns. I hereby consent that I am nineteen (19) years of age, or older, I have read this document, and I UNDERSTAND THE CONTENTS.

Signature _____ Date _____

Signature of Parent or Guardian if under 19 _____



Harrison Mills, B.C., Canada
My First/ My Next Triathlon - Swim 400M, Bike 20k, Run 5k
Races Start at 10:00 am My Next Tri starts first
Athletes Check in between 7-9 am race morning
Check website for pre event dinner/registration times

Course Descriptions

Swim - Easy 400M swim along the shoreline at Harrison Mills water temperature will be between 68 and 72 degrees F. **WARM, COMFORTABLE, SAFE.** Athletes who feel uncomfortable swimming can swim along the edge of the lake in waist deep water. If you get nervous or tired just stand up and take a break.

Bike - 1 X 20 km Loop, out and back from the transition zone located adjacent to the swim exit area. Finish is located 3 km away next to the Sasquatch Inn.

Run - 5 km out and back course along the quiet streets of Harrison Mills and the Sasquatch Inn. Walking is allowed and encouraged you may even run into previous days events still racing.

Awards: All finishers will receive an Official Triathlete Medallion at the finish line.

Ages & Statistics: Since the First My First Triathlon began in 1998, the majority of athletes are between the ages of 25 and 45 with the youngest being 6, Lori Ledoux and the oldest being 83, Bev Williams. Over 97% of people who register end up finishing this is due to the friendly nature of the event and encouraging friendly support crew.

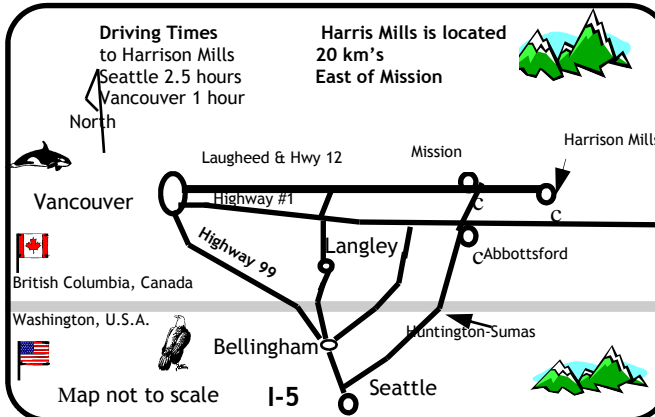
Time Limit:

Take all day, stop for a rest there is no time limit. We will be waiting for you at the finish line, medallion in hand. You may even run into athletes still racing in previous My First Triathlons.

What to wear: Most athletes wear a swimsuit then just throw on either their bike shorts or running shorts for each of the event. Bring a large towel if you wish to change. No public nudity please. **Bike Inspections:** Bikes will be checked to ensure that wheel levers are secure when you arrive in the morning.

Bike Racks in Transition Zone: We have specially designed bike racks that hold your bike and leave room for you to have your running and swimming gear along side. Please make sure that you leave enough room for six bikes per rack. We also recommend a small pail with water in it to get the sand off your feet after the swim. And great for dumping over your friend's head for passing you near the finish line.

Entry includes: official garment, race results, pre and post race refreshments and the coveted "World Endurance Sport/Triathlons.net" finishers medallion.



"Exclusive to First Timers"



"Everyone Welcome!"

WARM, COMFORTABLE, SAFE



400M Swim
Wet



5k Run



20k Bike
Rolling Hills

Pancake Flat
/One short hill

Held Every Weekend !

Saturday and Sunday

From July 17 to Aug 15

2010

**Harrison Mills
British Columbia
Canada**

Oldest Competitor : Male 74, Female 83
Youngest Competitor: Female 6, Male 6
Average Age Male: 30
Average Age Female: 32
Ratio: Male 38%/Female 62%
Compiled from previous My First Triathlons

www.triathlons.net 1-800-343-4466

My First / My Next

TRIATHLON

400M 

20k



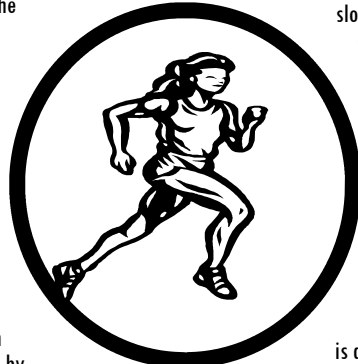
5k



SUMMER 2010

Harrison Mills
British Columbia
CANADA

Welcome to My First Triathlon, a triathlon exclusively for first timers. Avoid the intimidation factor as you and hundreds of your friends take the plunge for the first time. My First Triathlon begins with an easy 400 meter warm swim along the shoreline of Harrison Bay. After the swim, they (you) will then mount their (your) bikes for a 20 kilometer ride which is comprised of one loop finishing 3 km's from the start at the Sasquatch Inn. The bike course is on rolling hills on quiet subdivision roads around Harrison Mills. The run route has a few short hills however mostly flat. The finish line is located at the bike to run transition zone at the Sasquatch Inn. Grab a friend and start training today, and be apart of North Americas most successful triathlon events. The race is designed specifically to attract new athletes to the sport of triathlon, while many first time triathletes have gone on to compete in races around the world. Whether you are planning a career as a professional triathlete or just want to get a race under your belt and see what the sport is all about, My First Triathlon is for you. This is a race you can only do once, and once you graduate you will be captured by the allure of pushing yourself to the limits. Training for My First Triathlon is simple, it just takes a little time commitment.



Challenge your Self.....

Jump in the pool, swim a few laps, then jump on your bike, ride a couple of miles and then go for a short run afterwards. If you feel tired Stop, go have a beer, go to work, watch TV, or phone a friend. If you feel good, keep going and keep increasing the distances week by week. If you get too busy with work, and take a few days or a week off training, no worries.... The key is to slowly incorporate training into your lifestyle. Remember **triathlons are fun!** If you follow a regular training schedule, you will just naturally get faster. Our simple diet and training program. Eat less food and exercise three times a week. Have fun training and we'll see you at My First Triathlon...

My Next Triathlon is open to everyone, and starts 15 minutes before My First Triathlon. The keen first timers can try and catch up to the seasoned pros, while the My Nexters will have the added pressure of staying in front, we have to add a little competitive pressure. My Next Triathlon is also to keep young ladies from getting married just so they can change their name and compete in My First Triathlon again.

Sign Up Now and Start Training Today !

The My First Triathlon Phenomenon

What began 10 years ago with only a handful of competitors at one event in 1998 has blossomed into one of the fastest growing triathlons in North America.

My Next Triathlon My Next Triathlon is the same distance on the same day, and starts 15 minutes before.

Mountain or Road Bike

It does not matter, road bikes are faster but mountain bikes let you check out the scenery a bit better. It is also fun passing a road bike while on your mountain bike.

Race Rules Helmets mandatory (explanation of rules at registration).

Local festivities

Be sure and take in all the local festivities and activities that abound at both Harrison Mills over the summer, relax and explore.

Athlete Registration and Package Pick-up Check website the week leading up to the event. Check in will be between 7-9 pm the evening prior and/or event morning at least one hour prior to start.

Awards Ceremonies Award medallions will be handed out as athletes cross the finish line.

No Time Limit Take all day, stop for a rest there is no time limit. We will be waiting for you at the finish line, medallion in hand..

Aid Station Supplies Water stations are located along the run route.

What should I wear? Most athletes wear a swimsuit for the entire event and then just change in and out of running or biking gear.

Who should I bring? Anyone who has never done a triathlon.

What if I have done a triathlon before, just a little one in a pool, can I compete? Sorry we cannot have you in the event intimidating the other competitors. You can sign up for **My Next Triathlon**.

How will I Look After? Great!

How will I Feel After? Sorry! We do not know you well enough to answer that question.

Completion Statistics

97% of all athletes who sign up reach the finish line

Maximum Weight Loss In 2005 James Hicks competed in My First Triathlon after loosing 350 pounds training in two years, his original weight was close to 600 pounds, on race day he was 250 pounds, James currently weighs 200 pounds. Visit www.Triathlons.net for the full story...

My First/Next Triathlon OFFICIAL ENTRY FORM 2010 (Photocopies Acceptable)

Sex: M ___ F ___

Date of Birth day ___ / month ___ / year ___ Age ___

Last Name _____

Please Print Clearly

First Name _____ Initial _____

Address _____ Suite _____

City _____ Province/State _____

Country _____ Postal/Zip Code _____

Phone (eve) _____ (day) _____

Fax _____ email _____

Shirt Size: S M L XL

Pick your day !

July 17th Saturday

August 1st Sunday

July 18th Sunday

August 7th Saturday

July 24th Saturday

August 8th Sunday

July 25th Sunday

August 14th Saturday

July 29th Saturday

August 15th Sunday

Pick event ! My First Triathlon My Next Triathlon

- Ages 10 and under free (must be with adults one per entry), Ages 11-18 50% off.
- Changes permitted for \$10 fee before July 10th, subject to space available.
- Groups of 10 or more subtract 10% off fees and submit applications together.
- Space Limited to 200 athletes per day filled on a first come first served basis

Fee Schedule (postmarked by)

Fall 2009 Special *	October 31, 2009	\$69.00
New Years Special	January 30, 2010	\$79.00
Regular	May 30, 2010	\$89.00
Past My First/My Next Triathlon competitors subtract \$10 from fees		
Total Enclosed \$ _____		

*Those athletes who sign up before October 31, 2009 can change to any event date without a change fee before July 10th, 2010.

Make cheque/money order payable to: Canadian Endurance Sport
Mail completed entry forms (Front And Back) to:
PO Box 3572 Vancouver, B.C., Canada V6B 3Y6

Official Website: www.Triathlons.net email: MFT@Triathlons.net

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