

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, cyclist must ride at least one bike length away from each other, and refrain from holding up traffic e.g. Refrain from riding next to another cyclist except while passing.

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.

Results posted online at www.triathlons.net 24-48 hours following event

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?

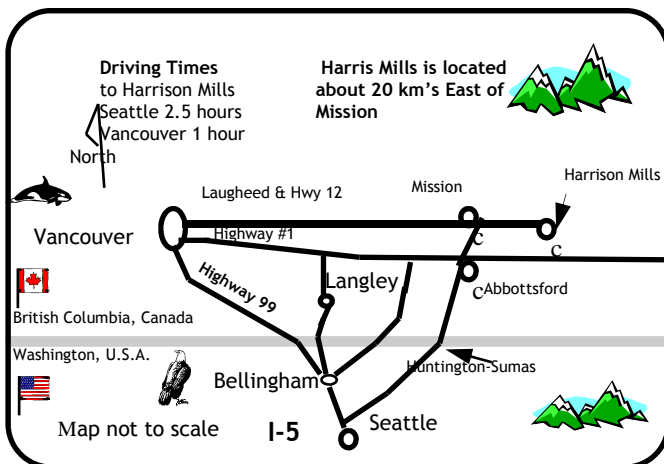
Most athletes wear a swimsuit for the entire event and then just change in and out of running or biking gear.

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.



My First / My Next TRIATHLON

400M 20k 5k

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

Course Descriptions

Neosport 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 with finish line located 5 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: 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.

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 see 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.

neosport

Triathlon Buy

My First TRIATHLON

"Exclusive to First Timers"

My Next TRIATHLON

"Everyone Welcome!"

WARM, COMFORTABLE, SAFE



Pick your weekend!
July 25th - August 16th
2009

Harrison Mills
British Columbia



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

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

My First / My Next

TRIATHLON

400M 

20k



5k



SUMMER 2009 Harrison Mills British Columbia CANADA

Sign Up Now and Start Training Today !

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 5 km's from the start near to the Sandpiper Golf Course. 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.



*Challenge your
Self.....*

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 your 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. 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 dis-

tances week by week. If you get too busy with work, and take a few days or a week off training, so what. 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 Nexter's 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.

How to register:

Fill out and send in this form or sign up directly on line at www.Triathlons.net trough the Active Network.

Ongoing Community Youth Programs

Triathlon Introduction Clinics are held year round to encourage youth participation in the sport of triathlon.

Visit www.Triathlons.net for details

My First/Next Triathlon OFFICIAL ENTRY FORM 2009 (Photocopies Acceptable)

Do not staple checks to form:

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 !

My First Triathlon

My Next Triathlon

July 25th Saturday

August 8th Saturday

July 26th Sunday

August 9th Sunday

August 1 Saturday

August 15th Saturday

August 2 Sunday

August 16th Sunday

- 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)

New Years Special January 30, 2009 \$79.00

Regular May 30, 2009 \$89.00

Past My First/My Next Triathlon competitors subtract \$20 from fees.

Total Enclosed \$ _____

Make cheque/money order payable to:

Canadian Endurance Sport

Mail completed entry forms to:

PO Box 3572 Vancouver, B.C. , Canada V6B 3Y6

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

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