

Seventeenth Annual Coeur d'Alene Youth Triathlon

Sunday, August 10th, 2008, 8:00am (13-14), 8:45am (10-12), 9:30am (7-9), 10:15am (5-6)

Age Groups: Four different age groups: 13-14, 10-12, 7-9, and 5-6 years old. **Oldest age groups will start first!!**
Fee: \$15 (early registration) – Includes T-shirt, finisher medal and refreshments. There will NOT be age group awards.

Registration: Fill out and sign the attached entry form. Mail forms (along with \$15 fee) to: CdA Youth Triathlon, P.O. Box 3385, CdA ID 83816. Mailed entries must be postmarked by August 1st. There will be a \$5 late fee for entries not post-marked by 8/1/08. **Day-of-race registration is strongly discouraged and a \$10 late fee will be charged.** Questions? E-mail us at cdayouthtri@gmail.com.

T-shirt pick-up and Late Registration: Friday, August 8th 3-7pm, Saturday August 9th 11am to noon, and race day from 7am until end of race, in the City Park. Late registrants will pay an additional late fee - \$5 (Friday & Saturday) or \$10 (Sunday).

Course: The course will be the same as last year. The event will be held at the Coeur d'Alene City Beach, with the transition area on W. Lakeshore Dr., between Park Dr. and Military Dr. Parking is available at the North Idaho College Boswell parking lot (off Hubbard Street). Please do not park in the neighborhood – as this requires a special permit. **The transition area will open at 7:30 am and close at 11:15am. We recommend you enter the transition area from Park Dr. for the 13/14 age group, from Military Dr. for the 7/9 & 10/12 age groups and from Forest Dr. for the 5/6 age group).**

Swim Course: The swim will be along the beach, close to shore. Wetsuits allowed for all ages. Lifeguards will carefully monitor the swim course, but **parents are responsible for their child's safety around the water, prior to, and immediately after, the event.**

- 5-6 age group: approx. 30 yards. Floatation devices (jackets, floaties, kick boards) are encouraged (No fins or paddles)
- 7-9 age group: approx. 50 yards, floatation devices are allowed
- 10-12 age group: approx. 100 yards, floatation devices are allowed but strongly discouraged
- 13-14 age group: approx. 200 yards, floatation devices are NOT allowed

Bike Course: The bike course will be an out-and-back, following the Centennial Trail along the Dike Road (Rosenberry Drive) then on the trail toward Riverstone Development. **All competitors must wear a CPSC (formerly ANSI) approved helmet. Helmets must be buckled at all times while on the bike.**

- 5-6: turn around on the west side of dike road (approx. 1 mile)
- 7-9: turn around on River Ave. (approx. 2 miles)
- 10-12: turn around near Harbor Center (approx. 4 miles)
- 13-14: turn around immediately before Riverstone Dr. (approx. 5 miles)

Run Course: The run will be around the paths through the City Park, finishing on the grass near the transition area. Water will be available on the run.

- 5-6: approx. ¼ mile.
- 7-9: approx. ½ mile.
- 10-12: approx. 1 mile.
- 13-14: approx. 1½ miles.

We are happy to adapt the course for your child with special needs. We would also like to ensure that no child is unable to participate solely due to monetary reasons. Please send entry (with a description of special accommodations required or enquiry about fee waiver due to financial hardship, on the back) or e-mail us, as soon as possible, so that we may contact you to make special arrangements.

Name _____ Date of Birth _____ Race day age _____

Address _____ City _____

State _____ Zip _____ Phone _____ E-mail _____

Male or Female _____ T-shirt size: (Choose from YS, YM, YL, S, M, L, XL) _____

Waiver: I acknowledge that the competitive and/or pleasure activity of the Coeur d'Alene Youth Triathlon may contain the risk of injury and damage to me personally. In consideration of the acceptance of my application, I, for my heirs, executors, representatives, administrators and assignees, do hereby waive, release and agree to hold harmless the Coeur d'Alene Youth Triathlon, the City of Coeur d'Alene, its employees and agents, any and all sponsors, volunteers, and associates from any and all claims for damages, and/or liability arising from my travel to, participation in, and return home from this event. I acknowledge that a triathlon is a difficult test of my physical fitness and that I am physically fit and have sufficiently trained to participate in this event. I also give permission for the use of my name and picture in any broadcast, telecast or print media accounting of this event.

Signature _____ Printed Name _____ Date _____
(Athlete)

Signature _____ Printed Name _____ Date _____
(Parent or Guardian)

mail