



# Barossa Duathlon

## Sunday 15th August 2010, 8am

Barossa Recreation Centre, Magnolia Road, Tanunda in the  
Barossa Valley.



### AUSTRALIAN DUATHLON SERIES

The Long Course race is a part of the Australian Duathlon Series and ADS points will be awarded to Triathlon Australia members completing the course.

### AUSTRALIAN AND SOUTH AUSTRALIAN DUATHLON CHAMPIONSHIPS (TA/TriSA Members only)

The Long Course Race is also the Australian and South Australian Championship for Elite, Junior and Age Group competitors, and the Short Course is the Championship race for 14/15 and 16/17 age groups.

### WHAT DOES IT INVOLVE?

#### Long Course

Run 1	10 kilometres	4 Laps of flat 2.5 kilometre course
Ride	40 kilometres	2 laps of undulating 20 kilometres course including Menglers Hill
Run 2	5 kilometres	2 laps of same 2.5 kilometre course

#### Short Course

Run 1	5 kilometres	2 Laps of flat 2.5 kilometre course
Ride	20 kilometres	3 laps of flat 6.7 kilometre course
Run 2	5 kilometres	1 lap of same 2.5 kilometre course

### HOW DO I ENTER?

The quickest and easiest way to enter is online by following the link on the Triathlon SA website [www.triathlonsa.org.au](http://www.triathlonsa.org.au) and paying by credit card. On-line registrations must be completed by 6pm Thursday 12 August 2010.

Alternatively, fill in the details of this form and send the completed form together with payment to Triathlon SA Inc, PO Box 6001, Halifax St, Adelaide 5000 or hand deliver the completed form with the correct money in a sealed envelope marked 'Triathlon SA Duathlon' to 73 Wakefield St Adelaide.

Please note hard copy entries must be received at the Triathlon SA office by noon Thursday 12th August 2010.

Cheques should be made payable to Triathlon SA. Internet payment can be made through your bank to Triathlon South Australia BSB 805 249 (Savings and Loans) account number 02306838 – please attach your internet receipt for 'Duathlon'. Late entries will only be accepted if they are brought to the event AND accompanied by the late entry fee. Only cash or cheque payments can be accepted on race morning.

### GENERAL INFORMATION

Timetables are valid at the time of printing; however they are subject to change.

Pre-race registration will be available on the day of the race from 7.00 – 7.40am. Please arrive with enough time to register and warm up.

A compulsory race briefing for all competitors will be held at 7.45am. Triathlon Australia race rules apply (see [www.triathlon.org.au](http://www.triathlon.org.au)).

Privacy: Triathlon SA endorses the National Privacy Principles set out in the Privacy Amendment (Private Sector) Act 2000.

### ENTRY INCLUDES

Race number, accurately timed results, on course and post race refreshments, entry in random draw, Triathlon Australia levy, sanctioning and insurance (including TA public liability and Personal Accident insurance).

# ENTRY FORM Barossa Duathlon 15<sup>th</sup> August 2010

**ENTRANT DETAILS AND TAX INVOICE** (if you need a tax invoice, please copy this form before sending) Triathlon SA Inc ABN 32 180 514 646

Please complete either the Team or Individual entry.

Please indicate category and fee:

Short Course (min age 14 as at 31/12/10) 5km Run/ 20km Cycle/ 2.5km Run    Individual     Team   
 Long Course (min age 18 as at 31/12/10) 10km Run/ 40km Cycle/ 5km Run    Individual     Team

### ENTRY FEES

Event (please circle)	14-17 Years	18 Years & Over	TA Members	Late entry fee (after 12/8/2010)	Total Fee
Short Course	\$35	\$45	-\$10	Add \$10	
Long Course	N/A	\$60	-\$10	Add \$10	
Post Race Buffet Lunch		\$15 per head	No:		

### Individual Entry

Name \_\_\_\_\_

Sex \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ TA Member no. \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Mobile / ph. \_\_\_\_\_ Email \_\_\_\_\_

Are you a resident in the Barossa Council Area?    Yes/No

**TEAM ENTRY -**    Minimum age for short course is 14 on 31 Dec 2010  
                                  Minimum age for long course is 18 on 31 Dec 2010  
 NB: All team members must be Triathlon Australia members to receive TA discount.

Male Team     Female Team     Junior Team     Mixed Team

Team Name \_\_\_\_\_

Team Captain Name \_\_\_\_\_

Sex \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ TA Member no. \_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Mobile / ph. \_\_\_\_\_ Email \_\_\_\_\_

1<sup>st</sup> Runners Name \_\_\_\_\_

Sex \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ TA Member no. \_\_\_\_\_

Cyclist's Name \_\_\_\_\_

Sex \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ TA Member no. \_\_\_\_\_

2<sup>nd</sup> Runners Name \_\_\_\_\_

Sex \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ TA Member no. \_\_\_\_\_

**Declaration – this is a legal document which affects your rights**

1. A contract in the terms set out below, between Triathlon SA inc. and the intending competitor, shall be deemed to have commenced on the acceptance by Triathlon SA of the intending competitor's application to compete.
2. I acknowledge that duathlon is a test of a person's physical and mental limits, and carries with it the potential for death, serious injury and property loss. The risks include but are not limited to pollution, temperatures, currents, weather, condition of competition equipment, vehicle traffic, lack of hydration, actions of participants, volunteers, spectators and/or organisers of the event. I hereby assume the risks of participating in duathlon and agree to abide by competition rules.
3. I certify that I am physically fit, have sufficiently trained for participation in the event and do not have a physical or intellectual impairment that may make my participation unsafe for me or others.
4. I have attached a list of medical conditions from which I suffer that might be relevant if medical treatment is needed.
5. I consent to receiving any medical treatment including ambulance transportation that the event organisers think desirable during or after the event.
6. I the undersigned, in consideration of and as a condition of acceptance of my entry in the Barossa Duathlon, for my heirs, my executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for, or arising out of, loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.
7. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies, and their representatives and agents, involved or otherwise engaged in promoting or staging these events and includes but is not limited to Triathlon SA, Triathlon Australia, Barossa Council, Barossa Running and Triathlon Club, volunteer personnel, and all event sponsors.
8. I understand that I may be photographed. I agree to allow my photo, video or film to be used for any legitimate purpose by the event organisers, event sponsors and their representatives.
9. I hereby agree that in the event of race cancellation due to storm, rain, inclement weather, wind or any other unforeseen conditions, my entry will not be refunded. Notice of being unable to attend the event needs to be in writing not later than 12<sup>th</sup> August 2010, to receive a refund and a 20% administration fee will be deducted.
10. I certify that I have read the declaration and agree to be bound by its conditions. I am 18 years of age or older.

**All competitors must sign**

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**For competitors who will be under 18 years on race day**, the declaration below is also to be signed by a parent or guardian. Please add copies if necessary.

I certify that I am the parent/ guardian of \_\_\_\_\_ who will be \_\_\_\_\_ years of age on the day of the race and that he/she has trained for and has my consent to compete in the event.

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Enquiries regarding this race should be directed to Triathlon SA on 08 8232 6174 or email [admin@triathlonsa.org.au](mailto:admin@triathlonsa.org.au)