

ENTRY FORM

activation
DUATHLONS 2011
WWW.ACTIVATION.ORG.NZ/DUATHLONS



Personal Details [please complete in BLOCK capitals]

Name:
DOB: Male / Female
Address:
.....
Tel:
Mobile:
Email:
School: (if applicable)
School Year: (if applicable)

I would like to receive information about
future Activation, H2O Xtream &
Upper Hutt City Council activities by
email &/or text

Any Medical Conditions?

.....
.....

Emergency Contact Details

Name:
Home Tel:
Cell:
Other:

WWW.ACTIVATION.ORG.NZ/DUATHLONS

TRAINING PROGRAMMES

Want to start training for the Duathlons but
don't know where to start?

Activation has two 12-week training plans
available for download,
for both beginner and intermediate.

Begin the programme at the week that
suits your current level of fitness and work
from there.

Visit: www.activation.org.nz/duathlons
to download your programme now!

OR

Visit: www.activesmart.co.nz and get a free
personalised training programme.
Complete 3-12 week training plan for cycling,
walking or running, with nutrition guide,
videos, illustrations, regional weather fore-
casts and personalised training tips.

Brought to you by ACC



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TRENTHAM MEMORIAL PARK

28 AUGUST, 25 SEPTEMBER, 9 OCTOBER



WIN A BIKE

from BIKE HUTT

Attend 2 or more events
to go in the draw

BEGINNERS TO PRO'S
KIDS TO ADULTS

SENIOR SHORT | 10am

RUN 1.5KI CYCLE 10.5K | RUN 850M

SENIOR MEDIUM | 10am

RUN 3K | CYCLE 14.5KI | RUN 1.5K

SENIOR LONG | 10am

RUN 5K | CYCLE 21K | RUN 2.5K

KIDS COURSE Years 1 - 4 | 9am

RUN 850M | CYCLE 4.5K | RUN 600M

KIDS COURSE Years 5 - 8 | 9.30am

RUN 1.2KI CYCLE 7.2K | RUN 850M



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ACTIVE RECREATION

THE LION
FOUNDATION



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SENIOR COURSE MAPS



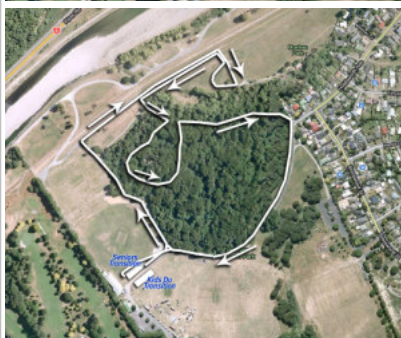
SHORT COURSE Closing Run

850m



SHORT COURSE Opening Run MEDIUM COURSE Opening Run (2 laps) Closing Run

1.5K



LONG COURSE Opening Run (2 laps) Closing Run

2.5K



SHORT COURSE Cycle 10.5K (3 laps) MEDIUM COURSE Cycle 14.5K (4 laps) LONG COURSE Cycle 21K (6 laps)

KIDS COURSE MAPS



YEARS 1-4 COURSE Closing Run

600m



YEARS 1-4 COURSE Opening Run YEARS 5-8 COURSE Closing Run

850m



YEARS 5-8 COURSE Opening Run

1.2K



YEARS 1-4 COURSE Cycle 4.5K (5 laps) YEARS 5-8 COURSE Cycle 7.2K (8 laps)

REGISTRATION INFORMATION

- Please complete one entry form per person
- Bookings and payment can be taken at or posted to H2O Xtream, Private Bag 907, Upper Hutt prior to the event.
- Late entries available on the day - cash or cheque only
- Cheques to be made payable to H2O Xtream

Choose Event

	28 Aug	25 Sept	9 Oct
Senior Short	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senior Medium	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Senior Long	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kids Years 1-4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kids Years 5-8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Entry fee (\$)

	Per event	3 Event Discount
Kids (Years 1-8)	\$5 <input type="checkbox"/>	\$10 <input type="checkbox"/>
Student	\$10 <input type="checkbox"/>	\$25 <input type="checkbox"/>
Adult	\$15 <input type="checkbox"/>	\$35 <input type="checkbox"/>
Teams	\$15 <input type="checkbox"/>	(Consist of 2-3 members, 1 member for each course section. Please fill out an individual entry form for each member)
Family	\$25 <input type="checkbox"/>	(4-6 people, min. 1 adult max. 2 adults. Please fill out an individual entry form for each member)
Kids Sports Team TEAM NAME:	\$20 <input type="checkbox"/>	(Up to 6 children from the same team. Please fill out an individual entry form for each team member)
.....		
TOTAL:	\$

Declaration

Activation Duathlons are organised and managed by Activation. I acknowledge the organisers of the event shall not have responsibility for any liability, financial or otherwise which might arise from participation in this event or its related activities. I agree to be present at the race briefing 30 minutes prior to event start and will abide by the race rules and directions of the race director and course marshals. I acknowledge there will be no road closures and normal road rules apply. I acknowledge that all children under 10 must have a supervising adult at the event. I acknowledge that the events will continue in all weather conditions and no refunds will apply. Terms and conditions apply for the Bike competition.

I have read, understood and agree to the declaration above

Signed.....

Signature of participant (or parent if under 16 yrs)

For more details and full colour maps visit: www.activation.org.nz/duathlons