



VICTORIA HALF IRONMAN SIGN UP FORM

Name: _____

Address: _____

Email: _____

Phone Number: _____

How Many Times Have You Done This Race?

How Many Years Have You Done Triathlons?

What Level Are You At In The Sport.....Beginner, Intermediate Advanced?

What Has Your Longest Ride So Far This Year Been?

Do You Want To Ride Two Laps of Course, or One?

How Long Will It Take You To Ride 25km's (one loop)?

Do You Have Any Concerns? Health Issues We Should Know About?

How Did You Hear About This Camp?

Do You Want To Carpool Over From Vancouver?

Notes:

- The boats (we will have two) will direct everyone around the turn around point. The second boat will stay with the last person. If there is an emergency we will ask you to raise your hand and we will come directly over to you.
- The bike will be supported by at least 2 vehicles. We will be shuttling from the back to the front for the duration. Please make sure you have at least 2 bottles of water at the start of the ride. We will have some extra spare tires and mechanical assistance for flats, etc... but do not rely on us. You can stop the ride at any time and we will load you into a vehicle and will take you back to the lake when the time allows. We are planning on 1-2 laps of the course. Please make sure your bike is in running order before you come as we will not have time to fix any mechanical problems. Please be safe while riding and do not ride two abreast unless there is no traffic at that point. We will have vehicles flashing lights so people will be aware of you. No helmet = no riding, no exceptions.
- We will supply Powerbar Products and water, so if you are eating and drinking something different please make sure you bring that with you.
- Please send a cheque or money order to the following address in the name of:
 - **CMS Coaching**
 - 24031 102a Ave.
Maple Ridge, B.C.
V2W 2A2