

Please read carefully before signing

WAIVER RELEASE AND INDEMNITY

1. I hereby agree to comply with entry conditions and all rules regulations and instructions applicable to this event.
2. I confirm that I am physically fit and have sufficiently trained for this competition.
3. I hereby acknowledge the potential hazards inherent to this triathlon.
4. I therefore release the Cook Islands Triathlon Association (Inc) , its officials, employees, sponsors and volunteers against any liability resulting from loss, injury or death during the event and related activities and accordingly indemnify the Cook Islands Triathlon Association (Inc) for all claims, costs, judgements and any liability whatsoever arising from any loss, injury or death during the event and related activities.
5. I hereby permit the free use of my name, or photograph (s) in any form of advertising, broadcasting , telecast or press releases pertaining to the event.

Signature

(Individual) _____ Date _____

Or parents / guardians signature if entrant is under 18 years)

(Team Member) _____ Date _____

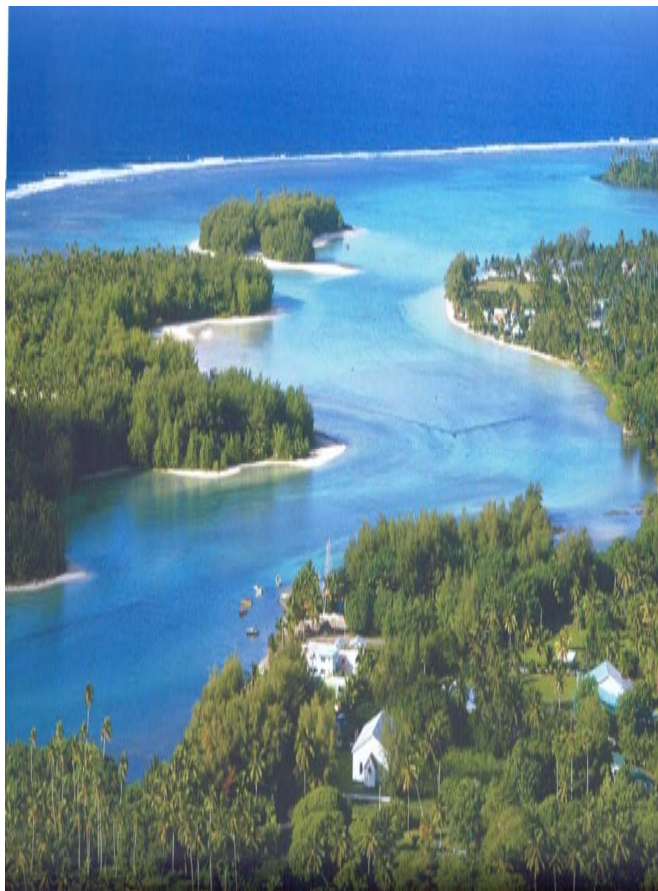
Team Member) _____ Date _____

Team Member) _____ Date _____

Recommended accommodation is: -

The Edgewater Resort & Spa
www.edgewater.co.ck
 Email : stay@edgewater.co.ck

This resort is the host resort and venue for functions and meals. The Edgewater is a top quality resort on Rarotonga and discounted accommodation rates apply to visiting triathletes.



Swim start is from the point centre right of photo

COOK ISLANDS TRIATHLON ASSOC.
INC.



Additional Information:-

PO Box 576
 Rarotonga Cook Islands
 or
jennie@oyster.net.ck
 Website www.rarotri.com

Travel package information:-

bernadette@pukekohe-travel.co.nz

2009 winners
 Kelly Pick (Cook Islands) and
 Josh White (New Zealand)

Westpac

Island
CAR & BIKE HIRE

AIR NEW ZEALAND



Rarotonga Triathlon

Saturday 1st May 2010
 Ngatangia Field



Supported by

Westpac Banking Corporation & Island Car & Bike Hire
 E-mail: islandcarhire.co.ck or www.islandcarhire.co.ck

Pukekohe Travel bernadette@pukekohe-travel.co.nz

Rarotonga

A special place, a special people,
a special magic

Heaven on earth, unhurried, unspoiled, unforgettable. Rarotonga is the largest of the 15 Cook Islands yet covers only 67 sq km. Approaching the island by air gives a view of its lush mountainous interior, coastal flats, white, sandy beaches and the magnificent reef that encircles the island. The inland side of the reef features a lagoon of clear, calm, turquoise water, a vivid contrast to the deep blue of the ocean beyond. The island basks in a tropical climate all year round with an average temperature of 20-25 deg C in winter (May to October) and 27-32 deg C in summer (November to April) and the air is clean and fresh. If you like making new friends, experiencing a new culture and enjoying lots of leisure in between events, then this is the place for you.

The Course

SWIM: A four leg 1.5km course in the Muri Beach Lagoon. The average water temperature in April is 27 deg C so wetsuits are prohibited and the water is seldom so deep that you cannot stand up.

CYCLE: A 41km course, circumnavigating Rarotonga on the coastal road (31km) with a loop of the international airport (10km). The coastal road is essentially flat and easy but there is one short, sharp hill and several tricky corners on the airport loop.

RUN: A 10km flat road run designed with spectators and supporters in mind, comprising a 2.5km leg out, 5km leg back past the transition area and a final 2.5 km leg back to the finish line.

Previous Results

OPEN MALE

2009	Josh White (NZ)	02:08:50
2008	Josh White (NZ)	02:10:04
2007	Thomas Henderson (CI)	02:16:34
2006	William Smith (NZ)	02:01:17
2005	Nathan Richmond (NZ)	02:02:24
2004	Yoann Hotellier (TAH)	02:10:38
2003	Terenzo Bozzone (NZ)	02:07:21
2002	Yoann Hotellier (TAH)	02:06:56
2001	Jason Metters (AUS)	01:58:22
2000	William Smith (NZ)	01:59:01
1999	Brent Imonen (US)	02:03:47
1998	Bryan Rhodes (NZ)	01:58:18
	Race record	
1997	Bryan Rhodes (NZ)	02:01:01
1996	William Smith (NZ)	02:02:14
1995	Scott Balance (US)	02:02:59

OPEN FEMALE

2009	Kelly Pick (CI)	02:23:27
2008	Jacinta Papps (NZ)	02:22:46
2007	Serena Hunter (CI)	02:32:07
2006	Debbie Tanner (NZ)	02:09:38
	Race record	
2005	Gina Ferguson (NZ)	02:23:45
2004	Lynley Allison (NZ)	02:13:42
2003	Lynley Allison (NZ)	02:16:29
2002	Shanelle Barrett (NZ)	02:22:15
2001	Shanelle Barrett (NZ)	02:20:31
2000	Jenni Tibbits (AUS)	02:34:34
1999	Tara Lee Marshall (NZj)	02:21:03
1998	Karmel Bartolich (AUS)	02:47:06
1997	Sarah Harrow (NZ)	02:16:40
1996	Shanelle Barrett (NZ)	02:23:23
1995	Shanelle Barrett (NZ)	02:29:27

Pre and post event calendar

Thursday 29 April

4.30 pm Trader Jack's Boiler Swim
7.00 pm Pasta Dinner and Race Briefing

Saturday 1st May

1.30 pm Air NZ International Triathlon

Sunday 2nd May

4.30 pm Awards Dinner

Tuesday 4th May

4.30 pm Turtles Tour De Raro Cycle Race 31 km
7.00 pm Cycle Race BBQ and prize giving

Prizes

- Major prize for 1st male and female includes a return Air NZ international ticket.
- Air NZ air ticket spot prize for all competitors.
- Other prizes comprise modest cash and merchandise.
- Age group and team prizes.



RACE FEE PACKAGE

Individual or Team Member

_____ @ NZ\$215.00

Includes: Tri Race Entry; Finish Photo; Finisher's Medal; Boiler Swim Race Entry; T-shirt; Pasta Dinner; Awards Dinner; Tour de Raro Cycle Race Entry & BBQ

RACE FEE ENTRY ONLY

Individual or Team Member

_____ @ NZ\$50.00

(For extras, see below)

EXTRAS:

Boiler Swim entry fee	_____ @ NZ\$15	\$_____
Commemorative T-shirt	_____ @ NZ\$30	\$_____
Pasta Dinner	_____ @ NZ\$35	\$_____
Awards Dinner	_____ @ NZ\$50	\$_____
Tour de Raro race fee	_____ @ NZ\$15	\$_____
Tour de Raro BBQ	_____ @ NZ\$30	\$_____

(To be paid in NZ dollars) **TOTAL NZ\$** _____

T-shirts: S _____ M _____ L _____ XL _____ XXL _____

INDIVIDUAL ENTRY

Surname _____

First name(s) _____

Male/Female _____ Age on race day _____

TEAM ENTRY

TEAM NAME: _____

SWIM – Family name _____

First name(s) _____

Male/Female _____ Age on race day _____

CYCLE – Family name _____

First name(s) _____

Male/Female _____ Age on race day _____

RUN – Family name _____

First name(s) _____

Male/Female _____ Age on race day _____

Postal Address _____

Email Address _____

Accommodation, if known _____