

# DISCLAIMER

*The course is held on the road. Expect oncoming traffic at all times. The course will be coned please stay inside these cones at all times. Take extreme care when approaching driveways.*

*Marshalls will be wearing high visibility vests and are there for your safety, follow their instructions at all times.*

*Trained lifeguards and St John Paramedics will be in attendance at this event.*

## **Disclaimer**

*I compete entirely at my own risk. Neither the organisers, the sponsors nor other parties associated with the event shall have any responsibility or liability, financial or otherwise that may arise. Whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in the event or its related activities. I authorise for my photographs to be used for promotional purposes.*

*I agree to attend the safety briefing prior to participating.*

*If you have any concerns regarding your ability to take part in this initiative safely, please check with your family doctor.*

Signed: .....



## Saturday 14th November 9.30am

This Try-athlon is about Community fun and participation. You can enter as an individual or as a team doing a section each. Registrations start at the Lake from 8:45am.

*Lots of spot prizes for competitors.*

*Prize giving ten minutes after last competitor finishes.*

## ENTRY

**Try-athlon  
Adult teams of 3**  
\$10 each member

**Youth (13-17)  
(both events)**  
\$5

**Try-athlon Individual  
Adult Competitor**  
\$20

**Individual Competitor  
Doing complete  
Dual-athlon**  
\$10

**Dual-athlon  
Team of two  
(Walk/Cycle)**  
\$15 each member

**Fill in the Registration form overleaf and send in with your payment.**

*Can be posted or made in person to:  
**Pa o te Ora Charitable Trust Office  
39 King Street (PO Box 56) Hikurangi***

Please make cheques out to: **Manaia PHO**

For further information contact  
**Erina Korohina** Healthy Hikurangi  
Community Health Promoter Manaia PHO  
**Hikurangi Office:** 433 8313  
**Rust Ave:** 438 1015  
**Mob:** 021 823 783  
erinak@manaiapho.co.nz

# HEALTHY HIKURANGI TRY-ATHLON

## TRY-ATHLON COURSE ROUTE

LOCATION: LAKE WARO, HIKURANGI

- Swim 150m
- Bike 8km
- Run/Walk 3km

### KEY:

#### SWIM:

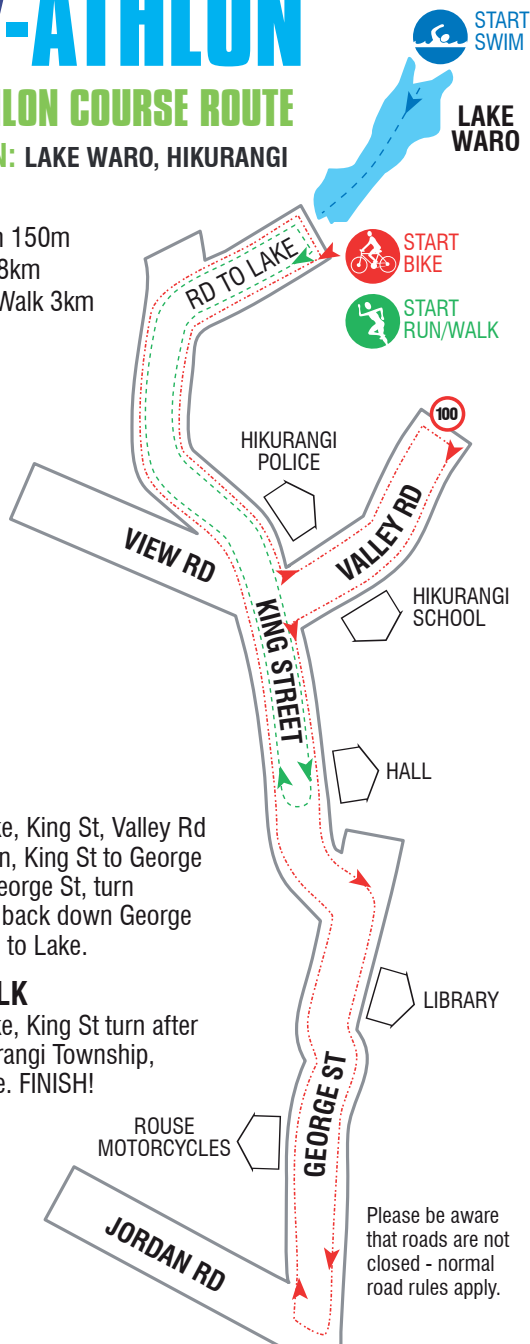
150m Lake

#### BIKE:

Start at Lake, King St, Valley Rd to 100k sign, King St to George St, along George St, turn Jordan Rd, back down George St and King to Lake.

#### RUN/WALK

Start at Lake, King St turn after hall in Hikurangi Township, back to lake. FINISH!



# REGISTRATION FORM

First Name: .....

Surname: .....

Address: .....

Phone or Email: ..... Age: .....

Duathlon

Try-athlon

Individual Entry: (please tick) Yes  No

*Team members must each fill out a form*

Team Name: .....

*(please tick your event)*

Cyclist

Swimmer

Runner

*Please read & sign disclaimer overleaf.*