

Athlete Questionnaire

Did you pick your event on front of this form? Yes ___ No ___
 If you answered No please ensure you picked your event prior to sending this form in.

How/Where did you hear about My First/Next Triathlon? _____

Occupation _____

No, really what do you do? _____

Special Medical Alert _____

Estimated times for this year: (optional)

List notable accomplishments (for race programs and announcer information). Continue on additional sheet, if required. Races done, rivers crossed, mountains climbed, families raised, etc.

READ CAREFULLY BEFORE SIGNING

I acknowledge that a triathlon or duathlon is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN TRIATHLONS OR DUATHLONS. I certify that I am physically fit, have sufficiently trained for participation in this event(s), and have not been advised otherwise by a qualified medical person. I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: a) WAIVE, RELEASE, DISCHARGE AND AGREE NOT TO SUE from any and all liability for my death, disability, personal injury, property damage, property theft or action of any kind which may hereafter accrue to me as a result of my participation in, or my traveling to and from THE FOLLOWING ENTITIES: The My First/Next Triathlon 2007, Event Sponsors, Event Directors, Event Producers, Event Workers and Volunteers, Event Connected charities, and all cities, countries, districts, public agencies and /or provinces in which said Events may be staged or in which segments of said Events may be run or have responsibility therefore and the officers, directors, employees, representatives and agents and volunteers of all of the above. b) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in this paragraph from any of my actions during an Event. This waiver release and indemnification agreement is not intended to encompass claims arising out of intentional misconduct by covered parties. I acknowledge that the above Waiver and Release applies specifically to the My First/Next Triathlon (MFT) and to all persons and entities associated with it. Washington State Department of Transportation, City of Medical Lake. I hereby consent to receive medical treatment in the event of my injury, accident and/or illness, during any event. I understand that at (MFT) Events or related activities, I may be photographed, I agree to allowing my photo, video or film likeness to be used for any legitimate purpose by (MFT), the Event producer(s), Event sponsors and/or assigns. I hereby consent that I am nineteen (19) years of age, or older, I have read this document, and I UNDERSTAND THE CONTENTS.

Signature _____ Date _____

Signature of Parent or Guardian if under 19 _____



Medical Lake, Spokane, Washington

My First/Next Triathlon Sprint

Swim 1/4 Mile, Bike 12 miles, Run 3 miles

My First/Next Triathlon Olympic

Swim 1 mile, Bike 24 miles, Run 6 miles

Races start at 10:00 am My Next Tri starts first
 Olympic Start 8 am

Athletes Check in at least 60 minutes prior to starting.

Course Descriptions

Swim - Easy 1/4 mile swim along the shoreline at water temperature will be between 68 and 72 degrees F. **WARM, COMFORTABLE, SAFE.** Athletes who feel uncomfortable swimming can swim along the edge of the lake in waist deep water. If you get nervous or tired just stand up and take a break. Olympic distance is 1 mile doing multiple loops for safety.

Bike - 1 X 12 mile Loop for the Sprint or 2 x 12 mile loop for the Olympic. Out and back from Medical Lake.

Run - 3 miles around Medical Lake for the Sprint and two loops or 6 miles around Medical Lake for the Olympic.

Awards: All finishers will receive an Official Triathlete Medallion at the finish line.

Ages: Since the First My First Triathlon ten years ago, the majority of athletes are between the ages of 25 and 45 with the youngest being 6 (Lori Ledoux, Seattle, WA) and the oldest being 83 (Bev Williams, Seattle Wa.)

Time Limit:

Take all day, stop for a rest there is no time limit. We will be waiting for you at the finish line, medallion in hand. You may even run into athletes still racing in previous My First Triathlons.

What to wear: Most athletes wear a swimsuit then just throw on either their bike shorts or running shorts for each of the event. Bring a large towel if you wish to change. No public nudity please. **Bike Inspections:** Bikes will be checked to see that wheel levers are secure when you arrive in the morning.

Bike Racks in Transition Zone: We have specially designed bike racks that hold your bike and leave room for you to have your running and swimming gear along side. Please make sure that you leave enough room for six bikes per rack. We also recommend a small pail with water in it to get the sand off your feet after the swim. And great for dumping over your friend's head for passing you near the finish line.

Entry includes: official garment, draw prizes, race results, pre and post race refreshments and the coveted "World Endurance Sport/Triathlons.net" finishers medallion.

Live Outdoor Event Notice:

World Endurance Sport takes every effort possible to ensure your safety during this event with professional staff at all key locations. The event is primarily supported by volunteers from the community, please be mindful of their efforts. The event is taking place on public streets and we are guests of the community, be courteous at all times to other athletes, especially to members of the public. We are all ambassadors to the sport of triathlon.

Official Entry Form Drop Locations

Two Wheel Transit
 1405 W. 1 AVE
 Spokane, WA 99201

OZ Fitness
 Spokane North
 603 E. Holland AVE



"Exclusive to First Timers"

WARM, COMFORTABLE, SAFE



1/4 Mi. Swim
 Wet



3mi



12 mi

Pancake Flat

Pancake Flat

My Next Triathlon
Same days, same distances
earlier start...

Olympic 8am Start

June 9 2007

Medical Lake
Spokane, WA

Oldest Competitor : Male 74, Female 83
 Youngest Competitor: Female 6, Male 6

Average Age Male: 30

Average Age Female: 32

Ratio: Male 38%/Female 62%

Compiled from 1998, 2006 My First Triathlons
 Since 1998 over 20,000 athletes have crossed
 the finish line with a smile on their face!

FUN FUN FUN FUN FUN FUN FUN FUN

Race Info: 1-800-343-4466 www.tri101.com

MY FIRST TRIATHLON

Welcome to My First Triathlon, a triathlon exclusively for first timers. Avoid the intimidation factor as you and hundreds of your friends take the plunge for the first time. My First Triathlon begins with an easy 1/4 mile warm swim along the shoreline of Medical Lake. Athletes will then mount their bikes for a 12 mile ride which comprised of one loop starting and finishing at Medical Lake, the bike course mostly pancake flat, on quiet subdivision roads around Medical Lake. The run route is pancake flat with the only hill being the finisher's podium at the finish line for both events. The run routes take athletes out and back from the same transition zone as the swim to bike transition zone. The finish lines are also located at the bike to run transition zone. Grab a friend and start training as this race only comes once a year to Spokane. The race is designed specifically to attract new athletes to the sport of triathlon. Many First Time Triathletes have gone on to compete in races around the world. Whether you are planning a career as a professional triathlete or just want to get a race under your belt and see what the sport is all about, My First Triathlon is for you. This is a race you can only do once, and once you graduate you will be captured by the allure of pushing yourself to the limits. Train-



Challenge your Self.....

**Swim
Bike
Run**

**SPRING
2007**
Medical Lake, Spokane
Washington
USA

ing for My First Triathlon is simple, it just takes a little time commitment. Jump in the pool, swim a few laps, then jump on your bike, ride a couple of miles and then go for a short run afterwards. If you feel tired Stop. Go have a beer, go to work, watch TV, or phone a friend. If you feel good, keep going and keep increasing the distances week by week. If you get too busy with work, and take a few days or a week off training, so what. The key is to slowly incorporate training into your lifestyle. Remember **triathlons are fun!** If you follow a regular training schedule, you will just naturally get faster. Our simple diet and training program. Eat less food and exercise three times a week. Have fun training and we'll see you at My First Triathlon... **My Next Triathlon** is open to everyone, and starts 15 minutes before My First Triathlon this way the keen first timers can try and catch up to the seasoned pros, while the My Nexters will have the added pressure of staying in front, we have to add a little competitive pressure. My Next Triathlon is also to keep young ladies from getting married just so they can change their name and compete in My First Triathlon again. **My First and My Next Olympic are for those wishing to go further for the first time same instructions just double the distance. My First/Next Triathlon Olympic starts at 8 am.**

Sign Up and Start Training Today !

The My First Triathlon Phenomenon

What began 10 years ago with only a handful of competitors at one event in 1998 has blossomed into one of the fastest growing triathlons in North America.

My Next Triathlon My Next Triathlon is the same distance on the same day, and starts 15 minutes before.

Mountain or Road Bike

It does not matter, road bikes are faster but mountain bikes let you check out the scenery a bit better. It is also fun passing a road bike while on your mountain bike.

Race Rules

Helmets mandatory (explanation of rules at registration). **Athlete Registration and Package Pick-up** Check website the week leading up to the event. Check in will be between 7-9 pm the evening prior and/or event morning at least one hour prior to start.

Awards Ceremonies Award medallions will be handed out as athletes cross the finish line.

No Time Limit Take all day, stop for a rest there is no time limit. We will be waiting for you at the finish line, medallion in hand..

Aid Station Supplies Water stations are located along the run route.

What should I wear? Most athletes wear a swimsuit for the entire event and then just change in and out of running or biking gear.

Who should I bring? Anyone who has never done a triathlon.

What if I have done a triathlon before, just a little one in a pool, can I compete? Sorry we cannot have you in the event intimidating the other competitors. You can sign up for **My Next Triathlon.**

How will I Look After? Great!

How will I Feel After? Sorry! We do not know you well enough to answer that question.

James Hicks Award? In 2005 James Hicks competed in My First Triathlon after losing 350 pounds training in two years, his original weight was close to 600 pounds, on race day he was 250 pounds, James currently weighs 200 pounds. The James Hicks award is given to the athlete who has achieved a remarkable feat in getting to the finish line of My First Triathlon, email us your story.....

Why does it list km's in some places and miles in others? Glad you noticed, this is to placate those who need something to complain about. Actually we use text from our other events in other countries and sometimes it just appears, this notice allows us to spend more time on creating a great event and if by chance miles are confused with km's you will understand...we think....

My First/Next Triathlon OFFICIAL ENTRY FORM 2007 (Photocopies Acceptable)

Do not staple checks to form:

Sex: M ___ F ___

Date of Birth day ___ / month ___ / year ___ Age ___

Last Name _____

Please Print Clearly

First Name _____ Initial _____

Address _____ Suite _____

City _____ Province/State _____

Country _____ Postal/Zip Code _____

Phone (eve) _____ (day) _____

Fax _____ email _____

Shirt Size: S M L XL

My First Triathlon Sprint

June 9th Saturday

Pick your event

My Next Triathlon Sprint

June 9th Saturday

My First Triathlon Olympic

June 9th Saturday

My Next Triathlon Olympic

June 9th Saturday

- Ages 10 and under free (must be with adults one per entry), Ages 11-15 50% off.

- No refunds or exchanges, those who do not race will receive an event credit

- 10 or more subtract 10% off fees and submit applications together.

- Subtract \$20 if you are bringing a volunteer, must provide name at check in

Fee Schedule (postmarked by) Mail in deadline June 5

Early Special May 30th \$79.00

Regular June 5th \$89.00

Late After June 5th (must be dropped off in person) \$99.00

Past My First/My Next Triathlon competitors subtract \$10 from fees

Total Enclosed \$ _____

The fees are to encourage athletes to sign up early so we know how many and to prepare the race venue, and commits you to train.

Make cheque/money order payable to: **My First Triathlon**

Mail completed entry forms (**Front And Back**) to:

PO Box 840 Point Roberts, Washington 98281

Or Drop off at two Spokane locations:

Two Wheel Transit
1405 W. 1 AVE
Spokane

OZ Fitness
Spokane North
603 E. Holland AVE

Official Website: www.Tri101.com email: MFT@Triathlons.net

cut along dotted line