

Entry Form

8 Wing/CFB Trenton 25th Annual Surf 'n Turf Relay Race

10 June 2011

Registration Opens Friday April 1, 2011 and the deadline For Entries: 8 June 2011
Registration Coordinator – Emily Tetzlaff x4548

Team Name / Location / Unit

<i>Team Captain</i>				
<i>Rank (or CIV)</i>	<i>First Name</i>	<i>Last Name</i>	<i>Section (Company)</i>	<i>Phone Number</i>

All 8 Wing Teams must provide one volunteer to assist in the race (timing, marshalling etc) He/she will be contacted later.

<i>Team Volunteer</i>				
<i>Rank (or CIV)</i>	<i>First Name</i>	<i>Last Name</i>	<i>Section (Company)</i>	<i>Phone Number</i>

NOTE: a Tinperson may participate as a member of a Team but can only compete in the **first** leg of the race as part of that Team.

- CATEGORY:**
- 1 Tinman (one male competes alone)
 - 2 Tinwoman (one female competes alone)
 - 3 Open Team (any age, any gender combination)
 - 4 All-Female
 - 5 Mixed (Minimum 2 women or men)
 - 6 Masters Each team member must be minimum 35 years of age)
 - 7 Tin Mate (Team of 2 completing the 8 individual events – with various categories)
 - 8 High School

Team Members		Name (Please Print)	Sex	Age	Day/Mo/Year	Signature	Military/DND/Civilian (Select one)
1.	7.5 km Run						
2.	4 km Canoe – Front (Kayak solo/Tin categories)						
	4 Km Canoe – Rear						
3.	15 km Road Bike						
4.	4 Km Cross Country Run						
5.	9 Km Mountain Bike						
6.	7.4 km Run						
7.	500 m Swim						
8.	3.5 km Run to Finish	(One of the above competitors must complete this leg)	N	N			
			A	A			
<i>Some of the Course distances are approximate and are subject to change.</i>		TOTAL AGE (age of the 8 competitors added together if in Master's category)					

ENTRY FEES: Entry fees include race entry, race T-shirt, post race BBQ, the g.s.t. and on-course refreshments:

8 Wg / DND Team	\$160.00	Non 8 Wg Team HighSchool Team	\$280.00 \$200.00
8 Wg/DND Tinperson	\$20.00	Non 8 Wg Tinperson	\$40.00
8 Wg/DND Tin Mates	\$40.00	Non 8 Wg Tin Mates	\$80.00

RULES/COURSE:

Detailed rules and course map are available at the Gymnasium and online www.cfbtrenton.com and previous years results are available at www.chiptimeresults.com .**NOTE:** Signed waiver is required for all non-DND participants, or for DND participants who are participating on a non public service work day, or by a parent/guardian if under 18 years of age. Minimum age is 16.

No signed waiver, no race, waiver is a separate form from the entry.

For More Information: Contact Lisa Refausse, 8 Wing Health Promotion Manager and
Race Organizer lisa.refausse@forces.gc.ca