



Thank you for joining the team of
Hon. Mark Norris & Nick Lees &
many other friends
in support of ...

ABC Head Start: a program that works with low-income families and their pre-school children to achieve success in learning and life.

Kids Kottage: a 24-hour crisis nursery for children at risk of abuse and support for families ... a bridge from crisis to calm.



Try-this-Tri Entry Form*
TRI-ing for Kids Competitors

Name

Address

CityProv..... Postal Code.....

Phone.....Email.....

Date of Birth (D/M/Y).....

Gender: M..... F.....

T-Shirt size: S M L XL

Teams Only: Team Name.....

2nd Name.....

3rd Name.....

- ***WorldcupTriathlon Edmonton will cover the race entry fee of \$30****

Athlete's Schedule

Saturday, July 10

Race Packet Pick-up*	Hawrelak Park
0900-1700	
Bike Check-In*	Hawrelak Park
0900-1700	
Pasta Party & Briefing	The Westin Edmonton
1830-2100	

* Registration & bike check- in will NOT be allowed on Sunday.

Sunday, July 11 RACE DAY at Hawrelak Park

Junior Race	0830
Age Group Race	0930
Tri-ing for Kids Check-in	1030
Tri-ing For Kids Race	1130
Elite Women's Race	1330
Elite Men's Race	1530
Awards Presentation	1800

Please forward to pmiller@kidskottage.org
or fax 441-9893

Or to Stephen Bourdeau - marketing@triedmonton.com



Try–this–Tri Sprint Triathlon July 11, 2004

Featuring *TRI-ing for Kids Competitors*

Want to find out what it feels like to compete on a world-class race course?

Try-this-Tri is a sprint race that provides an opportunity for novice competitors to race one complete lap of each section of the age-group course. This works out to be a 325 m swim, a 10 km bike, and a 3 km run. Try-this-Tri is open to all ages and abilities of individuals and teams and is a great way to introduce yourself to the sport of triathlon. This race is part of Edmonton's Triathlon Festival on July 11 in Hawrelak Park, which will also host an ITU World Cup Triathlon featuring international elite competitors and the 2004 Canadian Olympic Triathlon Team trials in conjunction with the Provincial Age Group and Junior Championships.

Try–this–Tri Course Description

Swim – 325 m

Athletes will complete one lap of Hawrelak Park Lake. The calm-water lake is well marked and patrolled to ensure easy course navigation. Spectators will have the opportunity to view the entire swim course in close proximity from the lakeshore. Athletes will exit the lake and proceed past the grandstands to their transition area located approximately 250 meters from the swim finish line. NOTE: Wetsuits are allowed.

Bike- 10 km

Athletes complete one lap of a challenging bike course that takes them up Emily Murphy Hill and along Groat Road. A detailed description and map of this course is available on our website at www.triedmonton.com. NOTE: ANSI approved bike helmets must be worn at all times. Bikes must be inspected at bike check-in prior to the race. Walkmans are not allowed

Run – 3 km

The flat run course is contained within Hawrelak Park. Athletes complete one lap on Hawrelak Park Road and have the opportunity to pass in front of the grandstands as the run finish to end the race is in front of the grandstands.

For more information on registration and Triathlon Festival's event schedule go to www.triedmonton.com, email info@triedmonton.com, or call (780) 702-2001.

TR I -ing

for Kids

PLEDGE FORM

All pledges divided evenly
between
ABC Head Start & Kids Kottage

IN SUPPORT OF



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***PLEASE FEEL FREE TO PHOTOCOPY IF MORE COPIES NEEDED

Last Name: _____ First Name: _____ Telephone : _____

Mailing Address: _____ City: _____ Prov: _____ Postal Code: _____

Email address: _____

Last Name	First Name	Mailing Address, City	Postal Code	Phone #	Receipt Required ✓	Cash ✓	Cheque ✓	Amount Collected	Receipt #

FOR OFFICE USE ONLY

CHEQUES	QTY:	\$AMOUNT:
CASH	QTY:	\$AMOUNT:
VOL INITIAL: _____		\$TOTAL:

Please submit completed pledge form and all funds to:
 Ann Babb
 ABC Head Start
 #103, 5104 – 82 Ave
 Edmonton, AB T6B 0E6

**Return deadline:
July 11, 2004**

Questions?
 Call
 Ann Babb 461-5353
 Or
 Pam Miller 448-2545