

Beat The Train Race Course

The bike race starts at Blackburn Park and follows a 33 km farmland course out to the Silver Creek Store and back. The 10 km run leaves from Blackburn Park, winds through downtown and follows Lakeshore Drive to Canoe Beach. The canoeists launch and paddle back into Salmon Arm Bay to the wharf area. The runner and cyclist join the paddler(s) for the final 200m portage to the finish line at Waterfront Park.

Team members supply their own equipment and look after it at all times.

There will be bike, helmet, and flotation device inspections prior to the race. **ANSI-SNELL approved bike helmets and approved personal flotation devices are required.**

Categories

(all teams must use a CANOE!)

- Jr. Men (13-18)
- Jr. Women (13-18)
- Open Men (19+)
- Open Women (19+)
- Masters Men (40 and Over)
- Masters Women (40 and Over)
- Mixed (2 Men and 2 Women)
- Family (Minimum Age 13)
- Corporate
- Solo (*may use kayak*)

Race Information

| | |
|-----------------------------------|------------------|
| Until June 8 th | \$25/team member |
| June 9 - June 11 th | \$30/team member |
| Race Day (June 12 th) | \$35/team member |

To Enter Salmon Arm's Unique Triathlon

Mail this entry form accompanied with your entrance fee (cheque or money order payable to **Salmon Arm Triathlon Association**) to:

Beat the Train Team Triathlon
P.O. Box 2019
Salmon Arm, B.C. V1E 4R1

Race Start Information

Sunday June 12th, 2011
9:00 am sharp
Blackburn Park
(corner of 5th St & 5th Ave SW)
Salmon Arm, BC

Race day registration begins at 7:30 am at Blackburn Park.

For more information, contact:

Len Sept, race director

Email: lasign@sunwave.net

Website: www.salmonarmtriathlon.com

Phone: (250) 832-8598

Team Name _____

Category _____

Entry Fee: \$25.00/team member \$ _____

Late Fee: (+ \$5/member after May 31st) \$ _____

(+ \$10/member day of race) \$ _____

\$5 for **each** non-TriBC Member \$ _____

Total Enclosed \$ _____

TriBC Membership # _____

Cyclist Release and Indemnity

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless The Salmon Arm Triathlon Association and the organizers of the Beat The Train Team Triathlon for any injury, loss or damage to my person or property howsoever caused arising out of or in connection with my taking part in the Beat The Train Team Triathlon and activities and notwithstanding that the same may have been contributed to or occasioned by the negligence of the Salmon Arm Triathlon Association representatives or agents. I acknowledge that I am responsible for the road worthiness and correct operation of my bicycle.
IN WITNESS THEREOF, I HAVE HEREUNDER SET MY HAND THIS

Day _____ of _____ 20____

Printed Name _____

Address _____

City/Province/Postal Code _____ Phone _____

Signature (or Signature of Parent/Guardian if under 19 yrs) _____

Witness Name _____ Witness Signature _____

Runner Release and Indemnity

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless The Salmon Arm Triathlon Association and the organizers of the Beat The Train Team Triathlon for any injury, loss or damage to my person or property howsoever caused arising out of or in connection with my taking part in the Beat The Train Team Triathlon and activities and notwithstanding that the same may have been contributed to or occasioned by the negligence of the Salmon Arm Triathlon Association representatives or agents. .

IN WITNESS THEREOF, I HAVE HEREUNDER SET MY HAND THIS

Day _____ of _____ 20____

Printed Name _____

Address _____

City/Province/Postal Code _____ Phone _____

Signature (or Signature of Parent/Guardian if under 19 yrs) _____

Witness Name _____ Witness Signature _____

Paddler #1 Release and Indemnity

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless The Salmon Arm Triathlon Association and the organizers of the Beat The Train Team Triathlon for any injury, loss or damage to my person or property howsoever caused arising out of or in connection with my taking part in the Beat The Train Team Triathlon and activities and notwithstanding that the same may have been contributed to or occasioned by the negligence of the Salmon Arm Triathlon Association representatives or agents.

IN WITNESS THEREOF, I HAVE HEREUNDER SET MY HAND THIS

Day _____ of _____ 20____

Printed Name

Address

City/Province/Postal Code

Phone

Signature

Signature of Parent/Guardian if under 19 yrs.

Witness Name

Witness Signature

Paddler #2 Release and Indemnity

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless The Salmon Arm Triathlon Association and the organizers of the Beat The Train Team Triathlon for any injury, loss or damage to my person or property howsoever caused arising out of or in connection with my taking part in the Beat The Train Team Triathlon and activities and notwithstanding that the same may have been contributed to or occasioned by the negligence of the Salmon Arm Triathlon Association representatives or agents.

IN WITNESS THEREOF, I HAVE HEREUNDER SET MY HAND THIS

Day _____ of _____ 20____

Printed Name

Address

City/Province/Postal Code

Phone

Signature

Signature of Parent/Guardian if under 19 yrs.

Witness Name

Witness Signature

SHIRT SIZE(S) Please specify quantities

___ x S ___ x M ___ x L ___ x XL

History of Beat the Train

Beat The Train started 25 years ago by local fitness enthusiasts. The race was intended to be a team triathlon event and was originally called Summer Madness Beat the Train to tie into merchant promotions in downtown Salmon Arm. Eventually the title was shortened to 'Beat The Train'. The route has always been characterized by railway crossings at various points. Prior to downtown development, the final canoe portage crossed the railway from the wharf to McGuire Lake. The frequent trains stopped many a team. Teams could catch up and had a chance to win the race to McGuire Lake in a dramatic sprint during the last few hundred metres!! - Thus the name "Beat The Train." The current race course crosses the tracks at the end of the run at Canoe Beach. The final portage now ends at the waterfront gazebo.

BEAT THE TRAIN 2011

**Sunday,
June 12th, 2011**

**Salmon Arm, B.C.
Race Start: 9:00am
at Blackburn Park**

**Brought to you by:
Salmon Arm Triathlon Association
&
Shuswap Association for Rowing &
Paddling**