

VELOCITY INDOOR TRIATHLON

REGISTRATION FORM

Category (Please Tick)

Men's Individual
9 Dec 2006, 1pm

Women's Individual
10 Dec 2006, 11am

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| FOR OFFICIAL USE Competition Number: |
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|----------------|--------------------|-----|-----|
| Name: | NRIC/Passport No.: | | |
| Date of Birth: | Nationality: | | |
| Address: | | | |
| Contact No.: | (HP) | (H) | (O) |
| Email: | | | |

INDEMNITY

I, _____, NRIC/Passport No. _____, have read the rules & regulations and agree to participate on the understanding that I will adhere to all the rules & regulations.

Waiver Clause:

In consideration of the acceptance of my entry, I do hereby unconditionally waive the organiser, agencies and partners connected with it from all claims and damages whatsoever that may arise from my participation in race, including without limitation to personal injuries. I also certify that I am physically fit to take part in this race and confirm that my participation is voluntary with the assumption of all risks.

Name & Signature of Participant

Name & Signature of Parent/Guardian
(for Participant under 21 years old)

VELOCITY INDOOR TRIATHLON

Organiser : Velocity@Novena Square Shopping Mall
 Category : Men's Individual, 9 Dec 2006
 Women's Individual, 10 Dec 2006
 Venue : Velocity@Novena Square Atrium (New Wing)
 Age Limit : 18 – 50 years old

COMPETITION FORMAT

- Each participant will be given a competition number during registration. The participant with the smallest competition number will be the first in line to compete, followed by the others in running order.
- Participants are to report to the registration area at Velocity@Novena Square Atrium (New Wing) 1 hour before commencement of race.
- Participants must complete a 10-minute race on each of the 3 machines – Cross Trainer, Exercise Bike and Treadmill that are provided by the Organiser.
- Participants are only allowed to adjust the speed and not any other features on the machines. Any breach of this regulation will result in disqualification of the participant.
- Participants will be judged based on the total distance covered on the 3 machines.
- Special Awards for each category – PowerBar Top Cross Trainer Athlete, PowerBar Top Cycling Athlete and PowerBar Top Running Athlete will be selected based on the longest distance covered on the Cross Trainer Machine, the Exercise Bike and the Treadmill respectively.
- Participants who fail to complete the race on any of the machines within the permitted time will be disqualified.

EQUIPMENT PROVIDED

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| Kettler 7867-000 Verso 100 Cross Trainer | <ul style="list-style-type: none"> • Adjustment of resistance from 1-10 • Non-slip, adjustable treads • Maximum user weight: 110kg |
| Kettler 7621-000 Paso 100 Exercise Bike | <ul style="list-style-type: none"> • Adjustment of resistance from 1-10 • Ergonomically shaped saddle for optimum comfort, quick adjustment of saddle height • Maximum user weight: 110kg |
| Kettler 7885-000 Traveller Motorized Treadmill | <ul style="list-style-type: none"> • Running speed from 0-16km/h • Motion-Control: adjustment of speed without touching via optical sensors on the handrails • Maximum user weight: 120kg |

DURATION OF RACE

Cross Training: 10 minutes

Cycling : 10 minutes

Running : 10 minutes

PARTICIPANTS EQUIPMENT (PERSONAL)

It is compulsory that all participants are in proper workout attire and footwear throughout the challenge.

RECORDING OF RESULTS

The distance covered by the participants on each machine will be recorded at the 10th minute.

PRIZES

Participants in each category stand to win these prizes.

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| Champion | <ul style="list-style-type: none"> • Kettler Exercise Bike • Polar Heart Rate Monitor • Zoot Sports vouchers by Running Lab • H-TWO-O Bag Pack |
| 1 st Runner-up | <ul style="list-style-type: none"> • Polar Heart Rate Monitor • Zoot Sports Vouchers by Running Lab • H-TWO-O Bag Pack |
| 2 nd Runner-up | <ul style="list-style-type: none"> • Polar Heart Rate Monitor • Zoot Sports vouchers by Running Lab • H-TWO-O Bag Pack |
| Consolations | Running Lab vouchers |
| PowerBar Top Cross Trainer Athlete | PowerBar Hamper |
| PowerBar Top Cycling Cyclist Athlete | PowerBar Hamper |
| PowerBar Top Running Athlete | PowerBar Hamper |

TERMS & CONDITIONS

- Entries must be submitted by 9.30pm on 6 Dec 2006 at Velocity@Novena Square Customer Information Counter (L2).
- Limited to 40 participants per category on a first-come-first served basis.
- Registration fee of \$5 is applicable.
- Once the registration is duly processed, there will be no fee refund for the participants who eventually do not participate unless it is a cancellation of the event by the Organiser.
- The Organiser reserves the right to reject any entries and discontinue any participants deemed physically incapable of continuing the race.
- Participants under 21 years old must seek parental/guardian's consent to register for the race.
- Participants must adhere to the programme timing scheduled by the Organiser.
- Participants must present the payment receipt and NRIC/Passport at the registration/holding area on the day of event.
- Prizes are strictly non-exchangeable for cash or for other products.
- Participants are responsible for their own safety during the event. Whilst all reasonable precautions will be taken care of by the Organiser to ensure the safety of the participants, the Organiser will not be liable for any loss or damage, whether personal or otherwise, and howsoever arising.
- In the event of machines breakdown, the competition will be delayed and will not be compensated by the Organiser.
- The Organiser's decision is final and no correspondence will be entertained.
- The Organiser reserves the right to change the terms and conditions without prior notice.

For any enquires, please contact:

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