

Lynnmour Run n' Roll 2018



Lynnmour Elementary School
Friday, May 18
9:00-10:30am
Grades Pre-K to 7
 Every finisher is a winner!

A Run 'n Roll event is a FUN, fitness activity involving running and "rolling" consecutively. The time between sports is called a transition. In the Run 'n Roll athletes can use a bike, scooter, skateboard, wheelchair or self-propelled wheels.

***Everyone MUST WEAR a HELMET, regardless of what "wheels" they ride!**
 Run n' Roll events are related to triathlon (swim-bike-run).



Important Reminders

For your safety and enjoyment, please...

Show respect to everyone—cheer on your fellow competitors and thank the volunteers along the way.

Pack a jacket and weather-appropriate clothing.
 Remember it feels colder when riding / rolling in the wind!

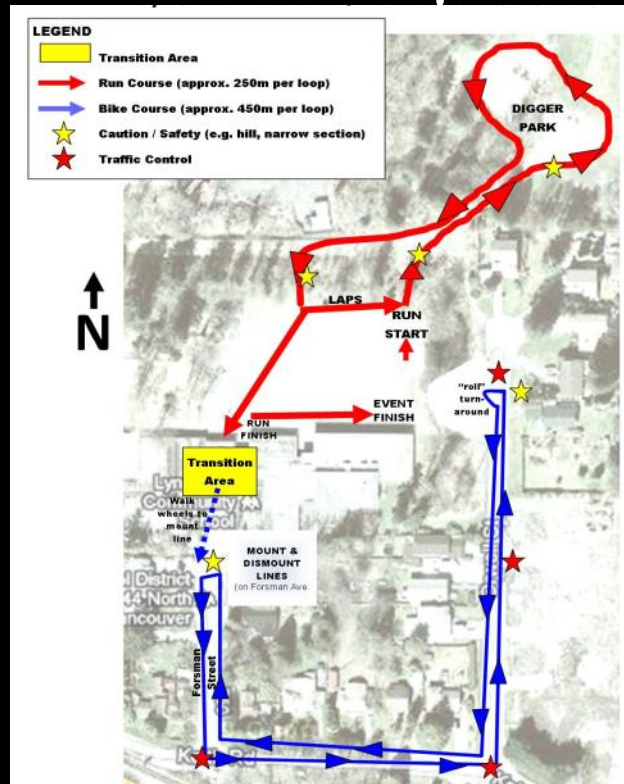


Choose Your Distance

Race Name	Run	Roll
Tykes (ages 2-4)	1 lap (300 m)	1 lap (750m)
Zoom (K+Gr.1 only)	1 lap (300 m)	1 lap (750m)
Super Sprint	2 laps (600m)	2 laps (1.5km)
iSpin	1 lap (300m)	4 laps (3km)
iRun	4 laps (1.2km)	1 lap (750m)

*Students will start with their classes. **Students choose their own distance and count their own laps.** They can run / roll with others or on their own.

Event Map



Entry Form

Please, detach and return the entry and signed waiver to your teacher as soon as possible. Thank you!

Student Name	
Age and Grade	
School Name	
Teacher Name	
Class Division #	
Amount paid	<input type="checkbox"/> \$5 (event cost) <input type="checkbox"/> Donation \$____ (sponsor another student) TOTAL PAID _____ <small>*NOTE - event costs are "pay as you can". Speak with your teacher if you need a subsidy.</small>

***Cost includes** an PE intro class taught by a certified Triathlon coach, event venue costs, road permits, park permits, organization, and a medal for all finishers.

Photo Release & Acknowledgement of Risk

Photo Release Form/ Children Under-18 As a legal guardian of the child indicated above, I grant to Triathlon BC the right to record or transfer his/her image and/or material to prints, poster, film or other formats for instructional, promotional, artistic and/or educational period. It is understood that the images produced by Triathlon BC and resulting from the material above, is copyright by Triathlon BC and may not be reproduced in whole or part of any purpose without the express permission of Triathlon BC

- Yes, I give permission for photo use.
 No, I do not give permission for photo use.

I _____ give my permission for my child _____ to participate in the Triathlon BC multisport (triathlon) event. I recognize that there is some element of risk in the event. On behalf of myself and on behalf of my child, I release the District of North Vancouver, Excaleration Multisport society, Triathlon BC, North Vancouver Recreation and Culture (NVRC), the North Vancouver School Board (SD#44) and their respective officers, employees, and agents from liability for claims for injuries or property loss arising from my child's attendance and participation in activities at this program, and further I agree to indemnify the said and Board and Association and hold them harmless from any such claims.

Signature: _____

Date: _____

Print name: _____