

NICKEL

LOPPET



March 7, 2004
Laurentian University

30 km, 15 km, 5 km
2 km Dairy Queen Youth Challenge
10:00 a.m. | 9:30 a.m. (D.Q.Y.C.)
Note: Classic Skiing Only

MOUNTAIN BIKE



SUN

TOUR

May 2, 2004
Laurentian University Stadium.

21 km, 10 km, 5 km
2 km Dairy Queen Youth Challenge
10:30 a.m. | 9:30 a.m. (D.Q.Y.C.)
21 km starts at 9:45 a.m.



June 6, 2004
Laurentian University Stadium
Contact: The Outside Store
522-1755

35 km, 20 km(recreational)
5 km Dairy Queen Youth Challenge
1 km Tots Event
10:30 a.m. | 9:30 a.m. (D.Q.Y.C.) & Tots

CANOE



MARATHON

June 27, 2004
Sudbury Canoe Club
Elizabeth St.
Contact: Rob Marcolini - 523-2225

18 km, 9 km, 4 km | 9:00 a.m. • Register: 7:30 a.m. -8:15 a.m.
Note: Participants must have approved life jackets,
no racing shells permitted.
Please make cheques payable to the Sudbury Canoe Club

BEATON CLASSIC

Date: August 15, 2004
Laurentian University Stadium

Beaton Classic: 1.5 km. Swim, 30 km, Bike, 6 km, Canoe, 12 km Run
Teen Triathlon: 400 m Swim, 2 km Run, 6 km Bike

Dairy Queen Youth Triathlon:
100 m Swim, .5 km Run, 3 km Bike

Beaton Classic -8:00 a.m.
Mini-Triathlon -12:00 noon



Ian McCloy
ISLAND



SWIM

July 18, 2004
Laurentian University Beach
Contact: Laura Young - 522-3977

3.2 km, 1.6 km, 400 m
100 m Dairy Queen Youth Challenge
10:30 a.m.
10:00 a.m. (D.Q.Y.C.)

Note: Wetsuits are not permitted. Registration at
Laurentian University Stadium.
Make cheques payable to Laurentian Masters

SPONSORS

GOLD



SILVER

Dr. Gordon Beange, O.D.
Optometrist
Family Vision Care

Sudbury Fine Cars

BRONZE

- Laurentian University
- YMCA Sudbury
- Cambrian Fitness

ARE YOU FIT TO BE CHALLENGED IN 2004!



General Information

- Participant's age for all groups must be as of the day of the Beaton Classic ie: if you are 13 years old on or before August 15, 2004, you must enter the 13-16 year old age group for all 2004 events.
- Teenage group is established as 13-16 years.
- Adult age groups are established as 17-19 years, 20-29 years, 30-39 years, etc.
- Registration forms can be obtained from the Outside Store. Early registrations must be received at the Outside Store or the Leisure Services Department at Tom Davies Square by the end of the business day, the Wednesday before each event or mail to
Sudbury Fitness Challenge
P.O. Box 4 Station 'B'
Sudbury, ON P3E 4N3
- Registration will close 30 minutes prior to the advertised adult start time.
- All participants must sign the waiver. Parent/Guardian must sign the waiver if the participant is under 18 years of age.
- If your registration is not completed correctly, fully and/or legibly the SFC is not responsible for errors or omissions in results or mailings.
- In the event of cancellation due to natural causes such as thunderstorms, etc..., the entry fee is non-refundable.
- Participants must be present to win draw prizes and receive awards.
- Participation awards will be given to any participant completing 4 out of the 6 SFC events, or 3 out of 5 events for Dairy Queen Youth Challenge participants.
- Participation awards will be presented at the SFC barbecue in September 2004.

Dairy Queen Youth Challenge

This event consists of 5 events (ski, run, bike, swim, triathlon), for the following age groups:

- 6 years and under 9 and 10 years
- 7 and 8 years 11 and 12 years

Medals will be awarded to the first 3 places in each age division (male and female) and points can be accumulated with each event to determine Dairy Queen Youth Challenge awards.

The deadline for early registration will be the end of the business day, the Wednesday before each event.

Regular Registration:

Family	\$25.00
Individual	\$ 10.00
Mini Event	\$ 3.00

Late Registration:

Family	\$35.00
Individual	\$15.00
Mini Event	\$5.00

No Refunds, Make Cheques Payable To:
Sudbury Fitness Challenge
Unless otherwise indicated on event information

REGISTRATION FORM

Last Name _____
 First _____
 Address _____
 City _____ Postal Code _____
 Phone # _____
 Email: _____

Sex: M F Age: _____
 Birthdate: d _____/m _____/y _____

Event	Distance
Nickel Loppet	_____
Sun Run	_____
Cycle Tour	_____
Canoe Marathon	_____
Island Swim	_____

WAIVER

IN CONSIDERATION of the acceptance of my application and the permission to participate as an entrant or competitor in any Sudbury Fitness Challenge event 2004 (Nickel Loppet, Sun Run, Cycle Tour, Canoe Marathon or Island Swim), I for myself, my heirs, executors, administrators, successors and assigns, HEREBY RELEASE, WAIVE and FOREVER DISCHARGE the following: Sudbury Fitness Challenge executive, race organizers, volunteers assisting them, race sponsors, their employees and agents, other race participants, City of Greater Sudbury and Laurentian University OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in Sudbury Fitness Challenge events, whether prior to, during or subsequent to the event, AND NOTWITHSTANDING that same may have been contributed to or occasioned by, the negligence of any of the aforesaid.

I acknowledge that each event has risks (both known and unknown) inherent in it, and it is my intention to accept the risks and all consequences thereof, for myself alone.

I understand that in event of cancellation due to natural causes such as thunderstorms, etc., the entry fee is non-refundable. I am physically fit to participate in all Sudbury Fitness Challenge events and have been medically certified to participate.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ AND UNDERSTOOD THIS RELEASE AND AGREE TO BE BOUND BY ITS TERMS and I am signing it voluntarily and without duress or influence from anyone.

Participant or Parent/Guardian
If participant under 18 years of age,
parent or guardian must sign.

Date