

## Race Registration & Costs

Please complete this registration form, attach or enclose payment and post to:  
Summer Starter Series  
C/O Sport Waitaki  
Community House  
Oamaru  
Info Contact  
gjohnston@sportotago.co.nz

Entry Fee:  
\$30.00 series events entry (all 3 events) or \$90.00/ Family (4 persons) series events entry (all 3 events)  
\$15.00/ Individual- separate event entry or \$45.00/ Family (4 persons) - separate event entry.  
Please do not send cash by post!  
Please make all cheques out to:  
HALO Community Network.

**Date:** 8<sup>th</sup>, 11<sup>th</sup> Feb & Sun 21<sup>st</sup> Feb 2010

**Location:** Oamaru Harbour, Duntroon/Tokarahi

**Times:** 5.30pm, 5.30pm & 9.00am

**Entry Fees:** Entry dependent (PTO)

**Contact:** gjohnston@sportotago.co.nz



**Free**

T-shirt for participants that complete the series.

**Winners**

Best team costume  
Spot Prizes and giveaways

**Bike and Jersey Giveaway**  
Part of the Mayoral Challenge



# Summer Starter Series

Welcome to the annual Summer Starter Series. Jan Keown - North Otago Heart Foundation, Grahame Johnston - Sport Waitaki, Mike Gray - The Duntroon and District Development Association, are sharing and linking three beginner level events to give a safe, fun and progressive series to challenge recreational participants to have a go and develop the confidence to complete a Duathlon/Cycle entry level series. Never find the time for looking after your own personal activity? Cut loose, set a small goal, progress it through three short events and complete the starter series while having some fun with friends, workmates, family and community. If you feel confident enough, go on to enter the Oamaru Stamina event recreational section - the sky's the limit once you reach your starter level goal. Set a challenge with your workmates, family or friends and give the Summer Starter Series a nudge - start from where you are at today and we'll see you at the finish line.

Proudly supported by:

See [www.halo.org.nz](http://www.halo.org.nz) for details:



An Oamaru Multisport Club Event

**'The Duntroon and District Development Association'**

Compete your entry details overleaf

## Events of the Summer Series

### Tick box of entry details

#### All 3 Events

**Summer Series (t-shirt and certificate at achievement of Goals)**

Cost: \$30.00/ individual

Cost: \$90.00/ family of four

*Proudly supported by:*



#### Individual Events

**Heart Foundation 'Feel Good Thursday'**

**8<sup>th</sup> February 2010**

- 2.5km Walk/run & 5km ride on flat

*Proudly supported by:*



Cost: \$15.00/ individual

Cost: \$45.00/ family of four

**'Cruise the Coast' By Sport Waitaki**

**11<sup>th</sup> February 2010**

-- 2.5km Walk/run & 5km ride on flat followed by 2.5km Walk/run

*Proudly supported by:*

Cost: \$15.00/ individual

Cost: \$45.00/ family of four

**Dunroon 'Get On Your Bike'**

**21<sup>st</sup> February 2010**

-- 15km or 35km cycle/ ride from Dunroon around Elephant rocks and back to Dunroon.

*Proudly supported by:*

**Dunroon & District**

**Development Association**

Cost: \$15.00/ individual

Cost: \$45.00/ family of four

Name.....  
Date of Birth.....  
Events.....  
T Shirt Size.....  
Phone.....  
Email.....

Name.....  
Date of Birth.....  
Events.....  
T Shirt Size.....  
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#### **T Shirt Sizes**

**8    10    12    14    Small    Medium    Large**

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All Payments written out to HALO Community Network.**