

## EVENTS

Looking to make some memories while you're at UBC? Be sure you check out our event programming. Offering some of the most unique intramural experiences in North America, UBC REC's event programming kicks off with the largest voyageur canoe race in Canada, Day of the Longboat, and caps it all off with two giant 12 foot walls at the heart of campus for Storm the Wall! Also be sure to check out our brand new event, Cypress Mountain Blizzard Bash; our charity event, Lace Up for Kids; a new favourite in City Chase @ UBC; and Canada's largest indoor triathlon/duathlon, the UBC REC Tri Du. Together with campus favourites like Gladiator and Water Wars, these events are a major part of the UBC REC experience. Make sure you're a part of the biggest and best moments at UBC by signing-up for UBC REC Events!

## UBC TRIATHLON DUATHLON

As North America's largest indoor triathlon, we are very excited to kick off the 2011 race season! With 3 different triathlon distances, including Olympic, Sprint and Short, as well as a Duathlon, Kid & Youth Aquathons and Relay event, this race is perfect for everyone from first timers to members of the Canadian National Team. Featuring the very best in courses, volunteers and staff, the UBC Tri-Du is one race you won't want to miss!



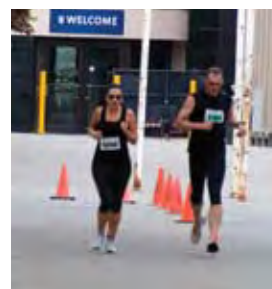
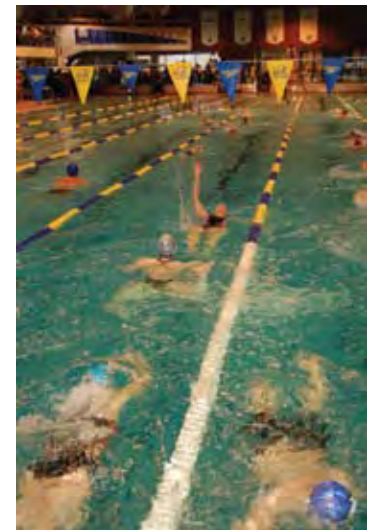
### Event Information

Sun, Mar 6  
8:00am - 4:00pm  
Location: UBC Campus  
Equipment Regulations: Equipment not provided.  
Min - Max Registrants: 1 - 3  
Max # of Imports: 0

### Important Dates

Early Reg by Jan 24  
Reg by Feb 28  
Late Reg by Mar 4  
Rosters Due: Feb 2  
Waiver and Add/Drop Deadline: Mar 4  
Race Package Pickup: TBA

	Distance	UBC Student		UBC Staff/Faculty		Public		
		Price	Course ID	Price	Course ID	Price	Course ID	
Early (Before Jan 24)	Olympic	\$53	28536	\$77	28549	\$80	28531	
	Sprint	\$47	28539	\$67	28552	\$70	28534	
	Short	\$47	28538	\$67	28551	\$70	28533	
	Duathlon	\$42	28535	\$55	28547	\$59	28528	
	Relay	\$80	28537	\$105	28550	\$108	28532	
	Youth						\$36	28530
	Kids						\$36	28529
Regular (Before Feb 28)	Olympic	\$58	28536	\$82	28549	\$85	28531	
	Sprint	\$53	28539	\$72	28552	\$75	28534	
	Short	\$53	28538	\$72	28551	\$75	28533	
	Duathlon	\$47	28535	\$61	28547	\$64	28528	
	Relay	\$91	28537	\$116	28550	\$119	28532	
	Youth						\$41	28530
	Kids						\$41	28529
Late (Before Mar 4)	Olympic	\$69	28536	\$93	28549	\$96	28531	
	Sprint	\$64	28539	\$83	28552	\$86	28534	
	Short	\$64	28538	\$83	28551	\$86	28533	
	Duathlon	\$59	28535	\$72	28547	\$75	28528	
	Relay	\$118	28537	\$142	28550	\$145	28532	
	Youth						\$51	28530
	Kids						\$51	28529



All prices are team rates unless otherwise listed and include applicable taxes.

**DAY OF THE LONGBOAT**

Join over 3,000 people in the largest voyageur canoe race in North America! Just off of the beautiful and picturesque Jericho Sailing Centre, this 2km ocean course includes a beach start, a baton pick-up, and 3 big turns. It's the perfect way to kick off the school year.

**Event Information**

Sat, Oct 2 - Sun, Oct 3  
 10:00am - 5:00pm  
 Location: Jericho Sailing Centre  
 Equipment Regulations: Equipment provided.  
 Min - Max Registrants: 8 - 12  
 Max # of Imports: 2  
 CoRec Definition: Plus or minus 1

**Important Dates**

Reg by Sep 22  
 Rosters Due: Sep 23  
 Waiver and Add/Drop Deadline: Sep 29  
 Clinics: Sat, Sep 25 - Sun, Sep 26



	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
CoRec	\$106	27750	\$200	27747	\$288	27753
Men's	\$106	27751	\$200	27748	\$288	27755
Women's	\$106	27752	\$200	27749	\$288	27756
Youth					\$160	27754
Alumni					\$200	30454

INTRAMURALS



**GREAT TREK**

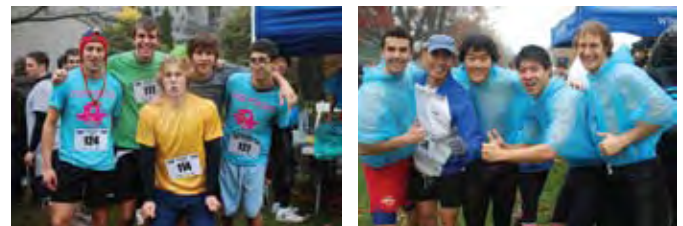
The Great Trek is the last great run of the year! Celebrating UBC's rich history, this 8km run will take allow you to explore the beauty of this great campus. Come out for a morning of exercise and excitement - great for runners and walkers alike. New this year, this event returns as the second leg of the UBC REC Triple Crown, check out the relay option for more details.

**Event Information**

Sat, Oct 30  
 9:00am - 12:00pm  
 Location: UBC Campus  
 Min - Max Registrants: 1 or 4  
 Max # of Imports: 0

**Important Dates**

Reg by Oct 22  
 Rosters Due: Oct 25  
 Waiver and Add/Drop Deadline: Oct 27



	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Single	\$25	28569	\$30	27409	\$36	28018
Relay	\$80	30444	\$100	30443	\$124	30442

## STORM THE WALL

Be part of the biggest intramural event in North America. Join the action as UBC participants swim, sprint, bike, run, and climb over a twelve-foot wall. This is a UBC experience that is not-to-be-missed.

### Event Information

Sun, Mar 27 - Fri, Apr 1  
 10:00am - 4:00pm  
 Location: UBC Campus  
 Min - Max Registrants: 5 - 6  
 Max # of Imports: 1  
 CoRec Definition: Plus or minus 1



### Important Dates

Reg by Mar 21  
 Rosters Due: Mar 22  
 Waiver and Add/Drop Deadline: Mar 25  
 Clinics: Mon, Mar 21 - Fri, Mar 25

	UBC Student	UBC Staff/Faculty	Public
	Price	Price	Price
Team	\$42.50	\$72	\$96
IronPerson	\$10.50	\$24	\$29

For Storm the Wall Course IDs visit [www.rec.ubc.ca/events/storm](http://www.rec.ubc.ca/events/storm)



INTRAMURALS

## SURVIVE THE STORM

Survive the Storm returns with another set of crazy challenges to test participants' stamina, courage, intelligence and determination! It all kicks off on Wednesday March 23rd, 2011 and runs throughout Storm the Wall. Participants will compete in teams of two in a variety of challenges.

### Event Information

Wed, Mar 23, Tue, Mar 29, & Thu, Mar 31  
 11:30am - 2:00pm  
 Location: Sub South Plaza

### Important Dates

Reg by Mar 17  
 Rosters Due: Mar 18  
 Waiver and Add/Drop Deadline: Mar 21

UBC Student	
Price	Course ID
\$25	28527

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**LACE UP FOR KIDS**

Come lace up and make a difference in the lives of children living with a rare disease. Lace Up for Kids, is UBC REC's student driven charity event that is a great opportunity for individuals or teams to give back. All proceeds will go towards the BC Children's Hospital Rare Disease Foundation Fund to support life saving microgrant research.

**Event Information**

Thu, Nov 25  
 6:00pm - 2:00am  
 Location: Doug Mitchell Thunderbird Sports Centre  
 Equipment Regulations: Skate rentals are limited  
 Min - Max Registrants: 1 - 20  
 Max # of Imports: 2

**Important Dates**

Reg by Nov 18  
 Rosters Due: Nov 18  
 Waiver and Add/Drop Deadline: Nov 23

Visit [www.laceup.ca](http://www.laceup.ca) to register!



Lace Up For Kids has donated more than \$100,000 in its first two years. This year we hope to continue the trend and fund even more life saving research for BC's kids.

**CITY CHASE @ UBC**

Part of the World's Largest Adventure Series, the 2010 City Chase @ UBC will provide a full day of Laughter, Adventure and Discovery. To complete the Chase, teams of 2 will run, walk and use public transit to find and complete a series of ChasePoints designed to push comfort zones through various physical, intellectual, adventurous and humorous challenges. Chasers will need to exhibit teamwork, resourcefulness, determination and the ability to make decisions on the fly while utilizing technology, calling friends for help, accessing the Internet, and even employing assistance of total strangers. The first team to complete the required ChasePoints and cross the finish line wins!!

**Event Information**

Fri, Oct 15  
 10:00am - 5:00pm  
 Location: UBC Campus

**Important Dates**

Reg by Oct 8  
 Rosters Due: Oct 11  
 Waiver and Add/Drop Deadline: Oct 13

UBC Student		UBC Staff/Faculty	
Price	Course ID	Price	Course ID
\$48	27399	\$64	27410



## WATER WARS

Water Wars features an array of water-themed activities. With classics including Joust, Inner Tube Water Polo, and Water Basketball, this year's event promises to be a splash!

### Event Information

Thu, Jan 20  
6:30pm - 2:00am  
Location: Aquatic Centre  
Min - Max Registrants: 6 - 10  
Max # of Imports: 2  
CoRec Definition: Plus or minus 1

### Important Dates

Reg by Jan 13  
Rosters Due: Jan 14  
Waiver and Add/Drop Deadline: Jan 18

UBC Student			UBC Staff/Faculty		
Price	Course ID		Price	Course ID	
\$80	Thu 6:30pm	27686	\$175	Thu 6:30pm	27683
	Thu 8:30pm	27687		Thu 8:30pm	27684
	Thu 10:30pm	27688		Thu 10:30pm	27685



## CYPRESS MOUNTAIN BLIZZARD BASH

Immerse yourself in a world of snow, as you and your team compete in a variety of chilly challenges. Come with friends to enjoy a night including snow tubing, at Cypress Mountain.

### Event Information

Thu, Feb 10  
4:00 - 11:00pm  
Location: Cypress Mountain  
Equipment Regulations: Equipment provided.  
Teams of 4  
Max # of Imports: 1

### Important Dates

Reg by Feb 3  
Rosters Due: Feb 4  
Waiver and Add/Drop Deadline: Feb 8

Transportation to Cypress Mountain is available for an additional fee. Check out [www.rec.ubc.ca](http://www.rec.ubc.ca) for information.

UBC Student		UBC Staff/Faculty	
Price	Course ID	Price	Course ID
\$96	28584	\$200	28586



**GLADIATOR**

## GLADIATOR

Bravely go where many UBC students have gone each year before. This is your chance to take on your toughest competitors and compete in your favourite American Gladiator challenges - as a team! Whether you are navigating your way through a colossal maze, racing through the inflatable obstacle course, or duking it out on the joust, this event is filled with non-stop action.

### Event Information

Thu, Feb 3 - Fri, Feb 4  
4:00pm - 12:00am  
Location: SRC Gyms  
Equipment Regulations: Equipment provided  
Min - Max Registrants: 6 - 10  
Max # of Imports: 2  
CoRec Definition: Plus or minus 1

### Important Dates

Reg by Jan 27  
Rosters Due: Jan 28  
Waiver and Add/Drop Deadline: Feb 1

UBC Student			UBC Staff/Faculty		
Price	Course ID		Price	Course ID	
\$80	Thu 4:00pm	27716	\$175	Thu 4:00pm	27707
	Thu 6:00pm	27712		Thu 6:00pm	27701
	Thu 8:00pm	27713		Thu 8:00pm	27702
	Thu 10:00pm	27714		Thu 10:00pm	27703
	Fri 4:00pm	27715		Fri 4:00pm	27708
	Fri 6:00pm	27709		Fri 6:00pm	27704
	Fri 8:00pm	27710		Fri 8:00pm	27705
	Fri 10:00pm	27711		Fri 10:00pm	27706

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