

HURONIA TRIATHLON DUATHLON and KIDS OF STEEL

SUNDAY, 4 JULY 2010

- KOS Individual
- KOS only: Family with two
- KOS only: Family with three
- KOS Relay Team: Male Female Mixed (circle one)
- Triathlon: 16 years and Over
- Duathlon: 16 years and Over
- Triathlon: Relay
- Duathlon: Relay
- Friendship Wave

- \$22.00
- \$40.00
- \$50.00
- \$50.00
- \$50.00
- \$50.00
- \$75.00
- \$75.00
- \$30.00

VISA # _____

Expiry Date : _____

Sign X: _____

How did you hear about us?

poster/flyer website

friend magazine

other _____

Enquiries re: registration, please call 705 835-2158

Mail to: Huronia Triathlon
1538 Scarlett Line, RR#3, Elmvale, ON L0L 1P0
Fax to: (705) 526-1205

SUB-TOTAL _____

One day non-OAT member fee per athlete (\$6.00 each) _____

Cheques payable to "Huronian Triathlon" TOTAL _____

LATE REG. FEE: AFTER 5 JUNE ADD \$20.00 PER ATHLETE.
NO SAME DAY REGISTRATION.

REGISTRATION ONLINE

www.huroniatriathlon.com

← see reverse side

- Swim cap
- Racing bib number
- Colourful designed bags
- Kids of Steel participatory medals for each athlete.
- Post race meal



Think fresh. Eat fresh.™

Food will be available for spectators to purchase

- Many draw prizes for all athletes



- → Including adult *Foot* wetsuit ←

**Race Site
Rotary Park Penetanguishene**

DIRECTIONS

Go North on Highway 400 to Barrie. Take the Extension to Parry Sound/Sudbury. Turn off on Highway 93 North to Midland/Penetanguishene. Stay on Highway 93 into Penetanguishene. Go down the steep hill and turn left onto Water Street then right onto Owen Street to the Curling Club. Park in Curling Club Parking lot on the left. Transition is on your left as you face the water.

Race day photography offered by:



ACCOMMODATION



For a complete list of hotels, motels, bed & breakfasts and camp grounds contact:
Southern Georgian Bay Chamber of Commerce
208 King St., Midland, ON L4R 3L9
Tel: (705) 526-7884
www.southerngeorgianbay.on.ca

SPONSORS



Rotary Club of Midland



Thanks to our many local sponsors without whom we would be unable to present such a great event!

For more information

Tel.: 705-835-2158

email: info@huroniatriathlon.com

www.huroniatriathlon.com



SERVICE ABOVE SELF



Rotary Club of Penetanguishene
"working to better our community"



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HURONIA PHYSIOTHERAPY
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For Every Body That Moves!



Midland



Sunday 4 July
2010

Rotary Park
PENETANGUSHENE, ONTARIO



Huronian Triathlon

TRIATHLON • DUATHLON • KIDS OF STEEL

www.huroniatriathlon.com



MISSION STATEMENT

The Huronia Triathlon and Kids of Steel are annual events dedicated to the development of multidisciplined sports in the surrounding area. These events are designed to encourage adults and youth in maintaining a healthy lifestyle and promoting fitness and self-esteem while participating in a challenging yet fun event.

KIDS OF STEEL

Huronia Kids of Steel is part of the Kids of Steel Series, co-ordinated by the Ontario Association of Triathletes (OAT). KOS events are designed to offer children and youth from 6 to 15 years of age an opportunity to participate in Triathlon. Emphasis is on fun and safety. Race distances offer a challenge, yet are short enough to be completed.

Race Age as of 31 December in year of competition.

TRIATHLON\DUATHLON FRIENDSHIP WAVE

The Huronia Triathlon\Duathlon are designed to offer adults from 16 years of age and over an opportunity to participate in a triathlon\duathlon of short duration. The distances chosen for these events are Standard Sprint Distances, making them a perfect opportunity for first time triathletes and seasoned veterans alike!

The **Friendship Wave** is shorter to accommodate almost anyone wishing to complete a triathlon; the swim allows the use of a PFD such as a lifejacket.

Age as of 31 December in year of competition.

SCHEDULE

Saturday, 3 July **Race Site**
3:00 PM - 6:00 PM Race Kit Pick-up

Sunday, 4 July **Race Site**
6:30 AM - 8:00 AM Race Kit Pick-up
8:10 AM Body Marking
8:15 AM Pre-race Meeting
Opening Ceremony
KOS
Triathlon
Duathlon
Friendship Wave

**TRANSITION AND RACE PICK-UP
CLOSED RACE DAY AT 8:00 AM.
REGARDLESS OF START TIME.**

Swim: The Swim will be held in the sheltered waters of Penetang Bay along the shoreline in waist to chest deep water for those 6 to 11 years of age. Others will swim to a turning buoy in deeper waters. Athletes will start on beach and swim in heats according to age group and event. The Course will be well marked.

Bike: The Bike Course will consist of a loop course closed to traffic for the 6-7 year old age categories, all other age groups in KOS and our Adult Race will ride on a partially closed route. The number of laps will be determined by age group and event. The Course will be well marked. A bike mechanic will be available on site for simple repairs and adjustments.

Run: The Run will be on trails and sidewalks. Loop course within the Rotary Park group for 6-7. All other age groups in KOS and our Adult Race will complete an out and back, length depending on age group and event.

DISTANCES

	Swim	Bike	Run
Kids of Steel			
6 - 7	50m	1.5km	500m
8 - 9	100m	5km	1.5km
10 - 11	150m	9km	2km
12 - 13	300m	13km	2.5km
14 - 15	500m	13km	4km
Triathlon			
16 & Over	750m	21.5km	5km
Friendship Wave			
16 & Over	300m	9km	2.5km
Duathlon			
16 & Over	Run 2km	Bike 21.5km	Run 5km

TRIATHLON

Top Male & Top Female



DUATHLON

Top Male & Top Female

TIMEX Tap Screen Watches

FRIENDSHIP WAVE

KIDS OF STEEL

Participatory Medal for Each KOS Athlete

Draw Prizes For All

RULES FOR SAFETY AND ENJOYMENT

1. **No outside assistance** during the race
2. **No drafting** on the Bike Course
3. **Approved Cycling Helmets** are mandatory
4. Torsos must be covered.
5. **OAT rules for KOS and Adult Athletes will apply**
6. Water Stations will be provided on the course
7. Race Officials will be present
8. Medical Personnel will be set up on Race Site

ACKNOWLEDGMENT, WAIVER & RELEASE FROM LIABILITY (AWRL)

To be read and signed by all athletes at time of Race Kit pick-up. If the athlete is under 18 years of age, a parent/guardian must sign.

SANCTIONING AND INSURANCE

The Huronia Triathlon and Kids of Steel is an Ontario Association of Triathletes Sanctioned Race and is covered by Race Mandatory Insurance. All athletes must be either a Member of OAT or pay a one day fee of \$6.00 (see Registration Form). This ensures a safe race for all athletes and covers them under a racing environment.

HURONIA TRIATHLON DUATHLON and KIDS OF STEEL

* When registering more than one athlete, please provide detailed information on a separate sheet of paper for each: Name, Address, Birth Date, Sex, E-mail, Event.

* Relay Teams: To register enter Team Name and Details of each Team Member: Name, Address, Birth Date, Sex, E-mail, Event.

Last Name: _____ Birthdate: D ___ M ___ Y ___ Sex: M F

Address: _____ Province: _____

Postal Code: _____ City: _____ OAT Membership No.: _____

Email: _____ Phone: _____

SUNDAY, 4 JULY 2010

Photocopy this form if necessary.
(PLEASE PRINT)

RACE AGE for all participants as of 31 December 2009

REGISTRATION ONLINE

www.huroniatrathlon.com

see reverse side