



BLUEWATER TRIATHLON DUATHLON



Saturday July 24, 2010, Sarnia, Ontario. 8:30 am start. A fundraiser for St. John in the Wilderness Anglican Church, Brights Grove

The Course

The **Triathlon** is a 1.5 km swim, a flat, fast 40 km out and back bike and a flat 10 km out and back run. The **Duathlon** will feature a 2.8 km run, 40 km bike and 10 km run. Maps of both courses are available at our web site: www.bluewatertriathlon.ca

Teams Allowed

***Chase format for 2010* sponsored by the Lambton County Chiropractic Society.**
We will again feature a chase format for the Triathlon and Duathlon. Women will have a 16 minute head start in the Triathlon, in the Duathlon a 12 minute head start. The first across male or female across the finish line wins \$250 in the Triathlon and \$250 in the Duathlon.

Pasta Party

The **Triathlon** and the **Duathlon** will be open to either individual athletes or teams of up to three athletes who will compete in a separate team division. Only one T-shirt will be provided as part of each team's fee, extra's will be available.

Race Packets

A pasta dinner will be held at St. John in the Wilderness Church (see map) on Friday, July 23rd from 5:00 to 7:00 PM. A great chance to meet other athletes, and do some last minute carbo loading. Last chance for registration. Race packets can be picked up at this time.

Insurance

The race fee includes: the event, a bathing cap, awards and prizes, a T-shirt, and a post race meal. **No race day registration.** Race packets can be picked up at the pre race pasta party Friday from 5:00 to 7:00 pm; they can also be picked up at the registration area race morning between 6:45 and 7:45 AM in the gymnasium of Brights Grove Public School. All Athletes are required to sign a waiver upon receipt of a race packet.

Directions

This race is sanctioned by the **Ontario Association of Triathletes (OAT)**. All **Triathletes, Duathletes** and **each member of a team** who are not members **OAT** will be charged \$6 to cover insurance. You will not be allowed to compete without insurance. You may purchase this ahead of time using the registration form below, or at the time of race packet pickup. To join OAT, and avoid the insurance fee: www.triathlonontario.com

Places to Stay

From the **East**: 402 to Mandaumin [Exit 15/County Road 26], North [right] on Mandaumin to Lakeshore Road, West [left] on Lakeshore Road to the first stop light [Waterworks]. Follow the map on the back of this sheet to the registration-transition zone. Park in Brights Grove School and Library, or on any street south of Hamilton Road. **Do not park on Hamilton Road.**

Extras

From the **West**: 402 to Modeland Road [Highway 40], North on Modeland to Lakeshore Road, East [right] on Lakeshore Road to Brights Grove [about 6 km]. Follow the map and park as described above.

A number of 'night before' billets in private homes are available for racers. This has been very popular in previous years. Call Ann Hitchens, 1-519-869-4583 for more information. Hotels, motels and Bed and Breakfast's can be found at www.tourism-sarnia-lambton.com

Familiarize yourself with the rules of Triathlon /Duathlon by visiting www.triathlonontario.com Leave yourself lots of time race morning!! We will have a mandatory pre race meeting in the Transition Zone at 7:50AM. Be ready to race by then! Water temperatures will likely be cool enough that wetsuits will be allowed. Technical support is available on the bike courtesy of The Bicycle Shop [410 Front Street North, Sarnia]. Questions? - contact the race director: Ken Walker, 2472 Hamilton Road, Brights Grove, Ontario, telephone 1-519-869-2784, fax 1-519-786-4187, or E-mail at kenwalker@cogeco.ca There will be an interdenominational church service for interested athletes and friends Brights Grove Public School at 7:15 AM race morning.

Check out our web site www.bluewatertriathlon.ca for maps, online registration, last years results and race updates. Results will be posted on the web site following the race.

Entry Form: Bluewater Triathlon and Duathlon

Entry Fee: \$55.00 per team or Triathlete or Duathlete for entries received July 16, 2010 or earlier. \$65.00 for entries received July 17, 2010 to race day. Insurance Fee extra, please see above. **Registration closes Friday, July 23 at 7:00 PM. There is no registration race morning. You can pick up your race packet race morning.**

Name _____ Birthday (D/M/Y) _____
 Address _____ City _____
 Prov./State _____ Postal/Zip _____ Telephone _____ Sex: M F
 Age on Race Day ____ Check One: Triathlon ____ Duathlon ____ Team Triathlon ____ Team Duathlon ____

Please note on the back of this entry form any medical condition you have that our race doctor should know about. Teams: Please provide complete information for each team member, indicating each member's event; and the name of your team. Check our website for online registration.
 Cheques payable to "Bluewater Triathlon" - send them to Bluewater Triathlon, 2472 Hamilton Road, Brights Grove, Ontario, Canada, N0N 1C0

T-Shirt Size
 S M L XL XXL

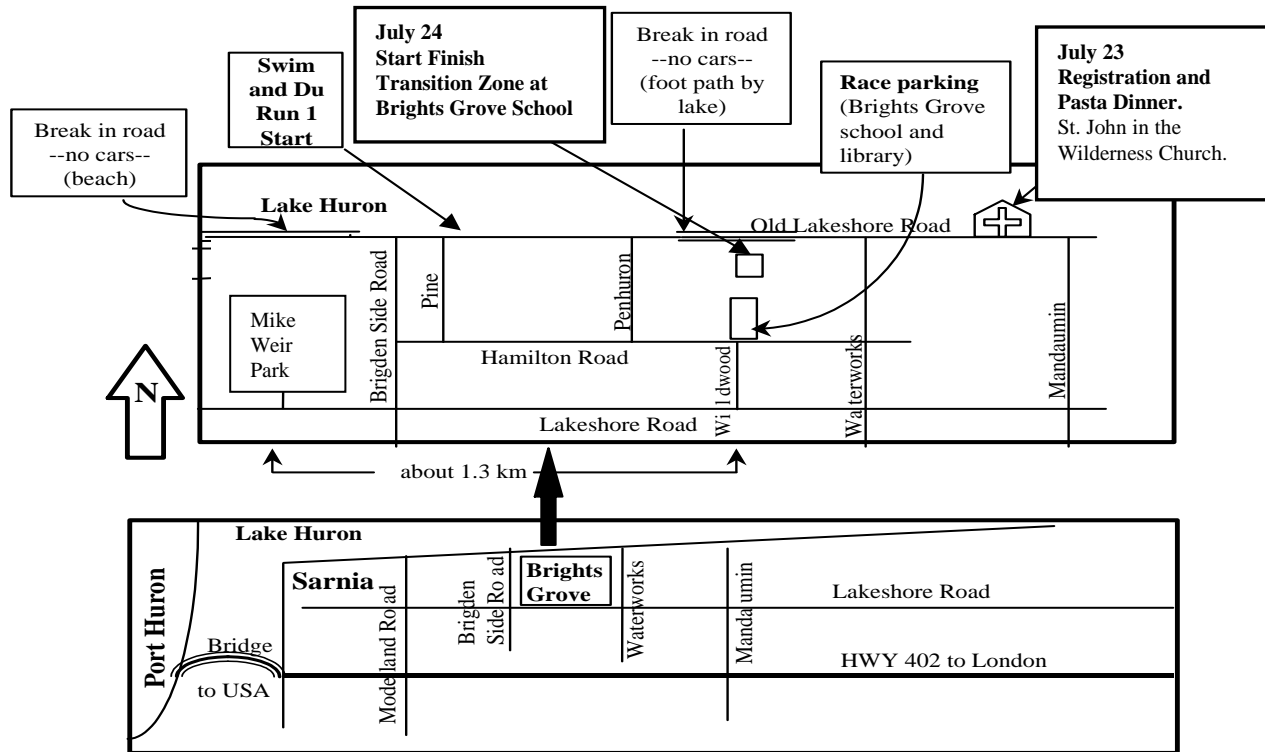
Entry Fee _____

Insurance Fee _____
 (if not OAT member, \$6 for individual \$12 for team of two, \$18 for team of three)

Total _____

+ 1 can of food to be donated to a local food bank. Bring on race day.

Maps to the Bluewater Triathlon & Duathlon



Parking: you may **park** at Brights Grove Public Library/School or on several side streets in Brights Grove. However, please **do not park** on the following since the race includes these: Hamilton Road, Kathleen, Helen and Old Lakeshore Road.

Check our website for our details on our IRONKID TRIATHLON, Sunday July 25, 2010 .

A Safety Note: for the safety of the athletes the race director reserves the right to shorten or cancel the swim and/or adjust other parts of the course if adverse water conditions or other circumstances arise. All triathletes and teams must be prepared to compete in the Duathlon should lake conditions prove unsafe race morning.

Please note here any medical condition you have that our race doctor should know about.

Teams: Please provide the information requested on the front of this form for each team member, indicating each member's event; you may also indicate a team name.