

# IRONKID TRIATHLON



## When

Sunday, July 25, 2010. Registration and Bike check begins at 12:00 noon. Race at 1:00 pm.

## Where

Registration, race start and finish in the North yard of Brights Grove School. Finish under the banner for the Bluewater Triathlon!

## Distances

What's your age on race day?

9 and under: 50 metre swim, 2.5 km bike ride, and 1 km run

10 and over: 100metre swim, 5 km bike ride and 2 km run

## Details

The triathlon is a grueling athletic event that requires you to be in top shape. You must practice for this event. Do not enter if you have not practiced! A swim cap will be provided, for the safe, well-marked and supervised swim course. The swim will be shortened or cancelled if the lake is unsafe!! You must wear a helmet on the bike course and your bike must pass a bike inspection prior to the race that will require it to be in safe operating condition. Water will be available on the run. You will need a parent or guardian to sign for you when you register.

Further details, race maps and online registration available on the [www.bluewatertriathlon.ca](http://www.bluewatertriathlon.ca)

**Register early, race is limited to 100 athletes!!**

## Cost

Entry Fee: \$15

This includes a race cap, goodie bag, the race, and a T-shirt.  
Proceeds from the event go to the Brights Grove Optimist Club.

The Ironkid is a joint project between St. John in the Wilderness Anglican Church in Brights Grove and the Brights Grove Optimist Club. Thanks to **Sarnia In Motion** for sponsorship!!

### Entry Form: IRONKID TRIATHLON

Name \_\_\_\_\_ Birthday \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Province/State \_\_\_\_\_ Postal/Zip \_\_\_\_\_ Telephone \_\_\_\_\_ Sex: M F

Age on race day \_\_\_\_\_

Make cheques payable to 'Bluewater Triathlon' send to  
2472 Hamilton Road, Brights Grove, ON, N0N 1C0

Please note on the back of this entry form any medical conditions our race doctor should know about!