

HURONIA TRIATHLON DUATHLON and KIDS OF STEEL

SUNDAY, 5 JULY 2009

- 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 _____

VISA # _____

Expiry Date : _____

Sign X: _____

Mail to:
 Huronia Triathlon
 c/o Carol MacDonald
 1538 Scarlett Line RR#3
 Elmvale, ON, L0L 1P0
 FAX 705 526-1205

SUB-TOTAL _____

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

TOTAL _____

Cheques payable to "Huronian Triathlon"

REGISTRATION ONLINE

www.huroniatrathlon.com

Enquires re: registration, please call 705 835-2158

see reverse side

- Swim cap
- Racing bib number
- Colourful designed bags
- Kids of Steel participatory medals for each athlete competing in the event.
- Post race meal
- Many draw prizes

Food will be available for spectators to purchase



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



HURONIA PHYSIOTHERAPY & SPORTS INJURY CLINIC
 For Every Body That Moves!



BRANCH 80
 ROYAL CANADIAN
 LEGION



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@huroniatrathlon.com

www.huroniatrathlon.com

Sunday 5 July
 2009

Rotary Park
 PENETANGUSHENE, ONTARIO



TRIATHLON • DUATHLON • KIDS OF STEEL

www.huroniatrathlon.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

Huronion 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 floatation devices such as life jackets, flutter boards or water wings.

Age as of 31 December in year of competition.

SCHEDULE

Saturday, 4 July

3:00 PM - 6:00 PM

Race Site

Race Kit Pick-up

Sunday, 5 July

6:30 AM - 8:00 AM

Race Site

Race Kit Pick-up

Body Marking

8:10 AM Pre-race Meeting

8:15 AM 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 6-7year 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 Par 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

PRIZES FOR AGE GROUPS

TRIATHLON

DUATHLON

FRIENDSHIP WAVE

KIDS OF STEEL

Participatory Medal for Each Athlete



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.

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* 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.

Photocopy this form if necessary.
(PLEASE PRINT)

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

Last Name: _____ First Name: _____

Birthdate: D ___ M ___ Y ___ Sex: M F

Address: _____ City: _____ Province: _____

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

Email: _____

REGISTRATION ONLINE

RACE AGE for all participants as of 31 December 2009

www.huroniatrathlon.com

see reverse side