Course Summary

SWIM

- 375m triangular course in Lake Erie, shallow
- Beginner Tri = 1 loop
- Sprint Tri = 2 loops

BIKE

- 11k square loop course, mostly flat & fast
- No drafting
- Beginner Tri = 1 loop
- Sprint Tri = 2 loops

RUN

- 2.5k loop consisting of a mix of paved/grass/gravel roads/trails
- Pancake flat

Registration Options

- Online Registration (www.loaring.com)
- In-person at Loaring Physiotherapy & Health 2. Centre during hours of operation from April 28th, 2012 until 7:00pm July 5th, 2012.
- Mail or hand deliver Registration form to: 3. Loaring Physiotherapy & Health Centre 13126 Tecumseh Rd E, Tecumseh ON N8N 3T6 Make cheque payable to: WRH Foundation
- In-person at Race Site on July 6th between 4. 5:00pm and 7:00pm, and race morning during Race-Kit Pick-Up. Please note that Race Site registration is only available for the 5k Run / Walk & Kids Fun Run. Triathlon registration (for the Beginner Triathlon, Sprint Triathlon, & Relay Division) will close at 7:00pm on July 5th.

Please Note:

Those collecting pledges must still register in the normal fashion. If you collect over \$150 in pledges, you will receive a cheque in the mail (in the amount of the entry fee paid) within 8 weeks after the event.

\$6 will be deducted for members of Triathlon Ontario who have registered for either the Beginner Triathlon or Sprint Triathlon. (You must bring your Triathlon Ontario membership card when collecting race kit).

You must be 14 years old as of December 31st, 2012 in order to be eligible to participate in the beginner triathlon, sprint triathlon, or relay division.



XANADU













Sanctioned & Accredited by:





Race-Day Schedule

8:00am Race-Kit Pick-Up begins & closes 45min before each event (arrive early)

10:00am Beginner Triathlon Women's Start

10:10am **Beginner Triathlon Men's Start**

10:25am Sun Life 5k Run / Walk Start

11:15am Sprint Triathlon Women's Start

11:30am Sprint Triathlon Men's Start

11:32am Sprint Triathlon Relays

Noon Sun Life Kids Fun Run Start

11:00am to 2:00pm Koolini Pasta Party

Awards









881 County Road 50 E., Essex, Ontario, NOR 1G0 (40 min from Windsor/Detroit)

BEGINNER TRIATHLON 375m swim / 11k bike / 2.6k run

SPRINT TRIATHLON 750m swim / 22k bike / 5k run **Relay Division**

> **SUN LIFE RUN** 5k Run / Walk Kids Fun Run

PROCEEDS SUPPORT:















1:15pm to 2:00pm

Pledge Incentive Levels

Levels	Prize
\$150 to \$299	Free Entry
\$300 to \$499	Free Entry + 1h Massage at Loaring Physiotherapy & Health Centre
\$500+	Free Entry + 1h Massage at Loaring Physiotherapy + LPC Gear (technical shirt, casual hoodie, mesh running cap, water bottle)

Charitable Tax receipts will be mailed for pledges over \$20.

Please allow up to 8 weeks to mail tax receipts and prizes.

Thank-you for your support in helping raise funds for Windsor Regional Hospital Foundation





Highlights

- First 150 Triathlon registrants will receive a large sport duffel bag (\$50 value) to celebrate the 10th Edition of the Loaring Triathlon
- Sun Life Run participants receive drawstring backpack
- Proceeds support Windsor Regional Hospital Foundation
- Beginner Triathlon is very 'first-timer' friendly
- Our famous hand-made ribbon awards made by local elementary students: 1st-3rd place in each age category (i.e., U19, 20-29, 30-39, etc.) & top 3 overall male/female
- Dozens of door prizes ٠

•

- Post-race Food Party by Koolini Italian • Eaterv
 - Triathlon Ontario sanctioned event
 - Athletics Ontario accredited event ٠
 - Sun Life Run is a WRACE series event & Loaring Run Series event
 - Spectator-friendly course layout



Pledge Sheet

Make Cheques Payable to: WRH Foundation For further information contact James Loaring at 519-562-5231 or james@loaring.com *tax receipts issued for donations \$20.00 or more.	Name:
able to:	Prov/State:
tions \$20	Postal Code:
0.00 or m	Phone #:
ore 519	≤ Email:
-56	Triathlon Ontario WRACE #:
or jan	$\square Male \square Female Birth date_////////////////////////////////////$
	(*Age as of December 31st, 2012)
aring.com	City:
	Registration Fees ্র্র্র ্র
	April 10 to June 18 \$50 \$55 \$90 \$25 \$12 June 19 to July 5 \$60 \$65 \$100 \$30 \$14 July 6 & July 7 closed closed closed \$35 \$15
Total	Payment Method Cash Cheque (Payable to: WRH Foundation) WAIVER: By signing, you agree to all conditions and rules of the
	Loaring Triathlon & Sun Life Run, and release those involved with the Loaring Triathlon from any responsibility or any injury you may sustain while participating in this event.

Registration Form