

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

1. Online Registration (www.loaring.com)
2. In-person at Loaring Physiotherapy & Health Centre during hours of operation from April 28th, 2012 until 7:00pm July 5th, 2012.
3. Mail or hand deliver Registration form to:
Loaring Physiotherapy & Health Centre
13126 Tecumseh Rd E, Tecumseh ON
N8N 3T6 Make cheque payable to:
WRH Foundation
4. In-person at Race Site on July 6th between 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.

Sponsors



Motor City



Sertoma



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

1:15pm to 2:00pm

Awards



WWW.LOARING.COM



**SATURDAY
JULY 7TH, 2012**

881 County Road 50 E., Essex, Ontario, N0R 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:



100



100



1000

[illegible]

100

Triethblon

☐ Cash ☐ Cheque