

GODERICH  
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**zehrs**  
 FOOD PLUS  
 MARKETS



**KEEP OUTSIDE**  
 with **Outside Projects, Bayfield, On.**  
 your Cycling needs and Outdoor apparel

**GODERICH**  
 Canada's prettiest town

# GODERICH TRIATHLON

SUNDAY AUG. 15, 2010

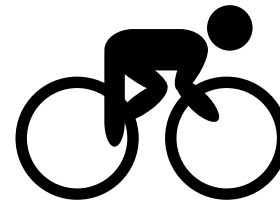


1km

42.5km

10km

9:00 a.m.



**COSTS:**  
 \$35 For Individuals  
 \$70 For Relay Teams

**FOOD:**  
 Barbecue to Follow  
 Plenty of Fresh Fruit

For the **FUN OF IT!** ...let's go **BOWLING!**

**Little BOWL**  
 204 Huron Rd.  
 Goderich  
 524-2695

**ALL PROCEEDS TO GODERICH DISTRICT COLLEGIATE INSTITUTE**

**RULES:**

Swim: wet suits allowed  
no other flotation  
devices.  
  
Ride: discs and covers  
allowed.  
aero and clip-on  
bars allowed.  
safety approved  
helmets mandatory.  
**NO DRAFTING!!**  
  
Run: no outside pacing.

**COURSE:**

Swim: a triangular 1 km swim  
at the Main Beach in  
Lake Huron  
  
Ride: challenging loop  
with 5 good climbs  
  
Run: 10 km run on Maitland  
Trail, out and back

**GENERAL:**

- \* a fully insured event
- \* washrooms and change facilities available
- \* computerized race results online
- \* barbecue to follow race
- \* special draw prizes for volunteers
- \* beautiful playground for the kids
- \* snack bar available
- \* "prettiest town in Canada"

**RACE KITS:**

pick up at Main Beach  
between 5:00 & 7:00 p.m. Sat.  
or on Race Day  
**before 8:30 a.m.**

**LOCATION:**

Goderich is located at the  
intersection of Hwys. 8 & 21.  
Approximately 100km from  
both London and Kitchener.

**COURSE RECORDS**

**MALE:** Mike Hay, Sudbury  
1:58.26, 2006

**FEMALE:** Louise Powell,  
Brampton  
2:10.50, 1997

**TEAM:** Race & Rub, Kitchener  
2:05.49, 1999

**INFORMATION**

Tom Doherty, Race Director  
(519) 662-4086

[www.goderich.ca/en/visitors/triathlon.asp](http://www.goderich.ca/en/visitors/triathlon.asp)

Name or Team Name: \_\_\_\_\_

Mailing Address (with postal code): \_\_\_\_\_  
\_\_\_\_\_

Email Address: \_\_\_\_\_

Age \_\_\_\_\_ Category \_\_\_\_\_ Phone # \_\_\_\_\_

Relay Members Names: \_\_\_\_\_

(and age for masters) \_\_\_\_\_  
\_\_\_\_\_

T-SHIRTS (additional \$15) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

**CATEGORIES:**

**MALE**

- A under 20
- B 20 to 29
- C 30 to 39
- D 40 to 49
- E over 49

**FEMALE**

- F
- G
- H
- I
- J

**RELAYS**

- K all male
- L all female
- M all masters
- N male & female

**ENTRY FEES:**

- solo before July 31 ..... \$35
- relay before July 31 ..... \$70
- late solo..... \$40
- late relay..... \$80

Make cheques payable to:  
Goderich Triathlon  
Mail Entries To:  
32 Hostetler Rd.  
New Hamburg, Ontario  
N3A 2E1

**RELEASE WAIVER**

In consideration for my entry being accepted I, \_\_\_\_\_  
do hereby for myself, my heirs, executors and assigns release and forever discharge the Town  
"Corporation Of The Town of Goderich", Goderich Township, Colborne Township, the O.P.P.  
and the Goderich Triathlon, its organizers, its volunteers and its sponsors, their directors, officers,  
agents, representatives, successors, and assigns from any and all actions, claims for damages or  
losses and demands of every nature or kind — past, present or future arising out of or in any  
way related to my association with or entry or participation in this event.

Signature: \_\_\_\_\_  
(if entrant is under 18 years of age, parent or guardian must sign below)

\_\_\_\_\_  
(signature of parent or guardian)