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

GODERICH
 Canada's prettiest town

20th Annual
GODERICH TRIATHLON

SUNDAY AUG. 14, 2011

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

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)