

# 27th Annual

# Deep River



# TRIATHLON

# August 2, 2009

Deep River Recreation Department  
613 584-2000 Ext. 103

*[www.deepriver.ca](http://www.deepriver.ca)*

Our triathlon event is the most widely attended of all our events. The event allows for participants of all levels of experience to test their abilities. The course consists of a 1 km swim, 30 km cycle and an 8 km run. Divisions are broken up into individual, male and female and a team category. Champion Chip Timing is used. This event will take place on **Sunday, August 2, 2009**. The cost of the event is **\$37.00/individual and \$75/team**. You must register by 12 noon on Friday, July 24, 2009. After due date, a late fee of \$10 will be applied.

### RACE START

The race starts at Deep River's Municipal Pier at 8:30 a.m. sharp. Competitors must be at the Municipal Pier before 8:15 a.m. for a briefing. **Note: Race start and transition areas are in separate locations.**

### COURSE

**SWIM** - 1 km from Municipal Pier to Lamure Beach along Ottawa River.

#### **BIKE**

30 km. Two laps of paved roads, around the Town of Deep River.

**RUN** - 8 KM out and back, along town roads.

### CHECK IN

**OPTIONAL** bike inspection and **MANDATORY** information kit pick-up at Mackenzie High School (MHS). Saturday, August 1st from 4:00 - 5:30 p.m. at the MHS parking lot OR Sunday, August 2nd from 7:00 - 8:00 a.m. at the MHS parking lot.

### BODY NUMBERING & CHAMPION CHIP TIMING

Sunday, August 2nd - 7:00 - 8:00 a.m. at the MHS parking lot.

### AWARDS

Will be presented in the green space to the left of Centennial Terrace. Prizes will be awarded for a variety of categories. There will also be additional draws.

### ENTRIES

- \* Participants must be 14 years or older
- \* Completed form and fee of \$37 for individuals or fee of \$75 for team category must be received by 12 noon on Friday, July 24th, 2009.
- \* Fee includes cap, champion chip timing, souvenir t-shirt and lunch.
- \* There will be a \$10 late entry fee (May not include t-shirt).

SWIMMERS begin at pier and swim to Lamure Beach.

CYCLE starts on Cedar Road, right on River Road, right on Brockhouse Way, right on Pine Point Road, left on Thomas Street, left on Avon Road, left on Ridge Road, right on Rutherford Street, right on Huron Street, cross Deep River Road to Algonquin Street, right to McElligott Drive, cross Banting Drive to Balmer Bay Road, continue straight to turn around designated area. Continue back on Balmer Bay Road, right on Banting Drive, right on La Salle Drive to Beach Avenue. Repeat 2nd lap, 3rd lap transition to run will take place on Brockhouse Way across from Centennial Terrace.

RUN east on Brockhouse Way along Beach Avenue to La Salle Drive, right to McElligott Drive, right on Algonquin Street, right on Glendale Avenue, right on Golf Course Road, left on Banting Drive, right on La Salle Drive to Beach Avenue, left on Deep River Road, right to Ridge Road, right to Alder Crescent, right to Brockhouse Way and FINISH at Centennial Terrace.



## RULES & REGULATIONS

1. Your information package should include a souvenir t-shirt, bathing cap, 1 lunch ticket and a bag for clothing changes.
2. Officials and marshals will be wearing bright t-shirts.
3. Check the route map carefully - available at the municipal office or on the left hand side link "Route Map".
4. From 7:00 - 8:00 a.m. prior to starting, **ALL COMPETITORS** must report to Mackenzie High School in order that officials can mark their arms and legs with appropriate competitor numbers. In the event of rain, markings will take place in the Community Pool.
5. Competitors bicycles and other equipment should be located at Lamure Beach Lifeguard Station **BEFORE 8:00 A.M.**
6. **BEFORE EVENT**, put any equipment for running inside the transition compound near the bike rack. Do not block access or move other competitors equipment at any location.
7. Only equipment placed in numbered bags provided will be transferred to the awards ceremony after the race is complete.
8. All competitors must be at the starting line at the end of the Federal Pier beside the Marina **NO LATER THAT 8:15 A.M.**
9. **TRIATHLON STARTS AT 8:30 A.M. SHARP!!!**
10. In the event of difficulty in the water, swimmers should wave their bathing caps in the air to alert lifeguards.
11. The cycle segment is two laps. At the completion of the second lap, the competitors must cycle from the main road to the transition area across from Centennial Terrace which is the transition point to the running segment.
12. All competitors must wear helmets when cycling and the no drafting policy must be observed.
13. Competitors must obey the marshals cycling and running. Cycle on the right side of the road; runners on the left side of the road. All turns and junctions with stop signs will be marshalled. **THE ROADS ARE NOT CLOSED TO TRAFFIC.**
14. In the cycling leg, all corners will be marshalled and any arrows on the road, which refer **ONLY** to the running leg should be ignored.
15. After the second loop of the cycle course, continue on Beach Avenue to Brockhouse Way and enter the bike transition across from Centennial Terrace.
16. **DISMOUNT** bike at entrance and exit transition area, walk it into the area, and put it in the proper rack. **CYCLING IN THE TRANSITION WILL RESULT IN A 5 MINUTED PENALTY.**
17. The running course will have marshals on all turns and junctions with stop signs. There will be orange arrows on the road at every corner.
18. Put on running equipment and exit transition **AT THE OPPOSITE END OF THE ENTRANCE.**
19. Showers are available immediately following the Triathlon at the Community Pool within walking distance of the finish line.
20. The awards presentation will be held immediately following the Triathlon at the green space left of Centennial Terrace.
21. The Recreation Department is not responsible for loss or missing clothing, equipment or personal items.

# 27th Annual Deep River Triathlon Registration Form

If you are an individual, please fill out the swimmer section only. Complete the following form, print and fax to the Recreation Department at (613 584-3237). Payment can be made in person at the Municipal Office, 100 Deep River Road or by mail to P.O. Box 400, Deep River, ON K0J 1P0, payable to the Town of Deep River. The registration fee is \$37 for individual entries and \$75 for team entries. Registration deadline is Friday, July 24, 2009 (Noon). After due date, a late fee of \$10 will be applied. If you are registering a team, please provide a team name \_\_\_\_\_

## SWIMMER

SEX: M F

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province \_\_\_\_\_  
Postal Code: \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Age (On Aug. 2 ) \_\_\_\_\_ DOB: Day \_\_\_\_\_ Mo \_\_\_\_\_ Yr \_\_\_\_\_

Participants Signature \* \_\_\_\_\_

\* My signature indicates that I have read, understood and agree to the Rules and Regulations section of this package.

Parents or Guardians Signature \_\_\_\_\_  
(Required if participant is under 18 years of age)

## CYCLE

SEX: M F

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province \_\_\_\_\_  
Postal Code: \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Age (On Aug. 2 ) \_\_\_\_\_ DOB: Day \_\_\_\_\_ Mo \_\_\_\_\_ Yr \_\_\_\_\_  
Participants Signature \* \_\_\_\_\_

\* My signature indicates that I have read, understood and agree to the Rules and Regulations section of this package.

Parents or Guardians Signature \_\_\_\_\_  
(Required if participant is under 18 years of age)

## RUNNER

SEX: M F

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province \_\_\_\_\_  
Postal Code: \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Age (On Aug. 2 ) \_\_\_\_\_ DOB: Day \_\_\_\_\_ Mo \_\_\_\_\_ Yr \_\_\_\_\_  
Participants Signature \* \_\_\_\_\_

\* My signature indicates that I have read, understood and agree to the Rules and Regulations section of this package.

Parents or Guardians Signature \_\_\_\_\_  
(Required if participant is under 18 years of age)