

Schedule of Events

Sunday, September 19, 2010

9:00 – 9:45 am

Registration, distribution of numbers, body marking

9:45 am

Pre-race briefing, course description, rules
NSCC, main lobby, Pleasant Street, Yarmouth.

NO CARS in front of NSCC

10:00 a.m.

RACE START!!!

Run: Starting at NSCC Burrige Campus, run down Hibernia St. to the train tracks, turn right on the tracks - to New Road (by Dayton Fruit & Vegetable) turn right on New Road to Pleasant Street, then turn right - back to NSCC. **5.3 km**

BIKE: Leaving transition at NSCC, go down Hibernia Street, to Main Street (Hwy #1) turn right. Turn right at Dayton Road, up Session Hill to Main Shore Road, turn right to McCormack Road, turn right then back to Hwy #1, turn right and cycle to Hibernia Street to Pleasant Street, and to T2. **21 km**

RUN: Leaving T2, run down Hibernia Street, to the tracks, turn right on the tracks to Prospect St. turn right and run up Prospect St. to Pleasant Street, then right again and to the finish directly in front of NSCC. **2.3 km**

1:00 p.m. -Reception - YMCA Yarmouth, 275 Main Street, Awards and Lunch (for athletes and volunteers), additional lunch tickets \$5/person.

Regulations & Fees

- \$30/individual
- \$60/team

T-shirts for the first 50 complete entries received.

Athletes under 18 years of age on race day - must have signature of parent.

Debit, credit cards (742-7181) - cheques payable to YMCA Yarmouth

Mandatory bike helmet

Meal is provided for athletes and volunteers only, extra meal tickets - \$5

TNS and Triathlon Canada rules apply

Teams can be 2 or 3 members

Shower Facilities at YMCA Yarmouth

**we appreciate receiving your registration as early as possible so that we can plan the banquet and have all the data entered in the computer.



RELEASE AND INDEMNITY PLEASE READ CAREFULLY

In consideration of your accepting this entry, I, the undersigned, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the YMCA of Yarmouth and the YMCA Duathlon committee and arising out of my participation in the YMCA Duathlon. I assume all risks associated with participating in the event and verify that I am physically fit and sufficiently trained for the completion of this event. Further, I grant full permission to any and all of the aforementioned persons to use my name, likeness and voice, as well as any photographs, video tapes or any other record in this event which I may appear for legitimate purpose.

Signature

Date

Signature

Date

Signature

Date

Return registration form to:

**Duathlon
YMCA Yarmouth
Box 86
Yarmouth, NS
B5A 4B1**



INDIVIDUAL REGISTRATION

Name

Date of birth:

Address

Email:

Phone

of Additional carbo meal tickets

Categories

Under 20

20-29

30-39

40-49

50+

Male

Female

TEAM REGISTRATION

Team Name

Contact Name

Address

Phone

Category: Male Female Mixed

Family

Team Runner #1

Name

phone #

Team biker #2

Name

phone #

Team Runner #3

Name

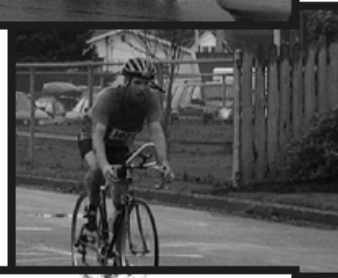
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YMCA Yarmouth

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Duathlon 2010

Sunday, September 19

10:00 am Start time

Run 5.3 km/Bike 21 km/Run 2.3 km

YMCA Yarmouth

P.O. Box 86

Yarmouth, Nova Scotia, Canada

B5A 4B1

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www.ymcayarmouth.ns.ca

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