

Schedule of Events

Saturday August 7

6:30 – 7:00 p.m.

Race kits available YMCA gym

7:00 p.m.

Pre race briefing, course description

(YMCA gym, 275 Main Street Yarmouth).

Sunday August 8

7:30 a.m.-8:15 a.m.

MANDATORY Check in/body marking

No body marking after 8:15 am.

8:30 a.m.

SWIM START!!!

1.5 km water temp. 19-23 c Triangle course (2 laps).

Note: No cars will be permitted to leave the park during transition. Wet suits permitted.

BIKE

40 km Gradual hills, long straight stretches

T2 – TCRSB parking lot (Water St/Brown St).

RUN

10 km flat (along the Yarmouth harbour)

Finish on Yarmouth wharf

Shower facilities available at the YMCA.

1:00 p.m.-Reception YMCA gym

Lunch and awards! Lunch for competing athletes and

volunteers - additional tickets \$7/adult or \$5/child

HOW TO GET TO ELLENWOOD

PROVINCIAL PARK

Take highway #1 heading north out of Yarmouth to

“Hebron Corner” (5.4 km from the traffic lights at

Main Street/Starrs Road-at McDonald’s). Turn

right onto highway #340 past Ohio until you come

to a right turn onto the Saunders (or Braemar)

Road--follow the Ellenwood Provincial Park signs

to the parking lot of the Park. Camping is available

at the park.

Regulations & Fees

☞ \$50

☞ \$105/team

** T-shirts for first 75 paid entries

● **\$10 late registration fee after Wednesday August 4**

● **Non-TNS members must purchase race-day membership from TNS (\$20 individual \$30 team – from TNS).**

* Contestants under 18 years of age on race day can only register for a team and must have signature of parent.

* Mandatory swim cap provided

* Mandatory bike helmet

* All *Triathlon Canada* rules apply

* Athletes finishing in over **3 hours 30 minutes** should have their own support if required (water stops and traffic control will no longer be available).

* Payment options: Debit, credit card, cheque (to YMCA Yarmouth), telephone (902) 742-7181.

* **No** spectator traffic will be permitted to exit Ellenwood Park during swimmers’ exiting the water. This for safety reasons.

* Various parking lots available in the area around the YMCA and T2/Finish

* Course maps available on ymca yarmouth triathlon facebook group & ymca yarmouth.net



TRIATHLON RELEASE AND INDEMNITY PLEASE READ CAREFULLY

In consideration of your acceptance of 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 YMCA Yarmouth and the YMCA Triathlon committee arising out of participation in the YMCA Triathlon. 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 of this event in which I may appear for legitimate purpose.

Signature

Date

Signature

Date

Signature

Date

Return registration form to:

**Triathlon
YMCA of Yarmouth
Box 86
Yarmouth, NS
B5A 4B1**



INDIVIDUAL Triathlon REGISTRATION

Name:
Date of birth:
Address and e-mail:

Phone:

TNS#:
of Additional carbo meal tickets

Categories

Under 20 Male
20-29 Female
30-39
40-49
50+

Triathlon TEAM REGISTRATION

Team Name
Contact Name
Address/e-mail
Phone

Category: Male Female Mixed
Family

Team swimmer

Name
Telephone #
Date of birth:

Team biker

Name
Date of birth:
phone #

Team Runner

Name
Date of birth:
phone #

Du-it 4 Peg Duathlon

Sunday, September 19, 2010

Kids Triathlon

Saturday, July 10
Ellenwood Provincial Park (across from lifeguard)
Ages: 14 and under
Registration: 9:00 a.m.
Race Start: 10:00 a.m.
\$5/individual or \$10/family
Bike helmets mandatory
Pre-registration required

Phone: (902)742-7181

Fax: (902)742-7676

Email: cynick1@[hotmail.com](mailto:cynick1@hotmail.com)

Volunteers are needed for all events,
please let us know if you can help.



YMCA

We build strong kids, strong families, strong communities.

YMCA Yarmouth Triathlon

Sunday, August 8, 2010
8:30 a.m.

Ellenwood Provincial Park
Yarmouth County, NS

1.5 km swim, 40 km cycle, 10 km run



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Sponsors:

