



TRI & RUN SPORTS

QUINTE TRIATHLON & DUATHLON

Batawa & Hwy 33

Sunday, July 11, 2010

“Come Ride the Beast of Bata”

Race Kit Pick-up

Saturday, July 10, 10am - 5:30pm @ Tri & Run Sports & Race Day 6:30-7:00am@Batawa

Last day to register - Saturday, July 10, 2010 - No Race Day Registration

Olympic Triathlon - Sprint Triathlon - Duathlon

\$65.00 per person

Name: _____ Age: _____ Gender: _____

Street: _____ City: _____

Postal Code: _____ Email: _____

Emergency contact name & number: _____

- Olympic Triathlon** (1500m swim/40km bike / 10k run) **8:00am start**
- Sprint Triathlon** (750m swim/20km bike / 5k run) **8:30am start**
- Duathlon** (2km run /20km bike / 5k run) **8:30am start**

SOS Socks to Everyone Registered by June 25th
Tri Tech Towel to Everyone Crossing the Finish Line

Sizes: XS _____ S _____ M _____ L _____ XL _____

Release of All Claims: I understand that this Tri & Run Sports (T&RS) event is physically challenging and hazardous for even well-conditioned and prepared athletes under favourable conditions. I acknowledge and understand that participation in this T&RS Event involves risks to my health and safety, including permanent injury or death, and I voluntarily assume those risks. I understand and acknowledge that Tri & Run Sports is not responsible for assessing my ability to participate in this T&RS Event and I have made such inquiries as are reasonably necessary concerning this T&RS Event to be able to declare that I am healthy and fit for this T&RS Event. I understand that Tri & Run Sports does not provide participants accident, disability or other insurance and that I am solely responsible for providing such coverage as I deem necessary or prudent. In consideration for being permitted to participate in this T&RS Event, I hereby for myself and for my personal representatives and successors release and forever discharge Tri & Run Sports, Batawa Ski Hill and Bata Corporation together with the officers, directors, employees, representatives, agents, sponsors and volunteers, of and from all actions, causes of action, claims, demands or compensation of any kind, whether presently known or unknown, and whether as a result of negligence or any other cause, arising out of or in connection with my participation in this T&RS Event.

Signature

Date

Parent/Guardian Signature (entrant under 18)

Welcome to the Quinte Triathlon and the Beast of Bata!

Situated in the beautiful hamlet of Batawa just north of Trenton on the gorgeous banks of the nearby Trent River, this is the perfect setting for the beautiful, challenging course wrolling hills on the bike and a flat run...the perfect test of skill and speed. The Beast of Bata is found in the first few kilometres of transition and is a 12.1% grade. Come see if you can conquer the Beast of Bata and be King of our Mountain!

The date: Sunday 11 July 2010, 8:00am

The location: Batawa Ontario located north on Hwy 33 from the 401 at exit 525.

Race distances: Sprint triathlon: 750m swim- 20k bike - 5k run

Sprint Duathlon: 2k run - 20k bike – 5k run

Olympic Triathlon 1500m swim - 40k bike – 10k run

Entry Fees: \$65.00 for all races which includes a tri towel to all registered participants. SOS cycling socks available to everyone registered by June 25th. Includes post race snack.

Last day to register - Sunday, July 10, 2010 - No Race Day Registration

Register at: http://www.eventsonline.ca/events/quinte_tri/

DOWNLOAD AND FAX OR DROP OFF

Race Kit Pickup: Sunday, July 10, 10am - 5:30pm @ Tri & Run Sports & Race Day 6:30-7:00am at Batawa in transition.

Race Morning: Transition opens at 7am Sunday. Body marking will happen Sunday morning. There are no timing chips to be picked up.

The Course: Your race crew has been out on the route swimming, biking and running. Ware OAT certified so if you are unfamiliar with OAT rules please read up.

<http://www.triathlonontario.com/hm/>

and <http://www.triathlonontario.com/hm/inside.php?id=756>

Swim:

The swim will be a counter clockwise out and back in the Trent River. The water is clear, clean and warm. Wetsuits were permitted last year but listen for updates on race morning. Sprint participants will have a turn around buoy at 375m and Olympic participants will have a turn around buoy at 750m. For your safety there will be lifeguards in kayaks, police in boats and divers in the water. If you need to rent a wetsuit contact Tri & Run Sports ASAP, rentals are Thurs to Monday for \$40.00. Both swims are mass starts.

750m Swim Map: <http://www.gmap-pedometer.com/?r=3553291>

1500m Swim Map: <http://www.gmap-pedometer.com/?r=3553258>

The Duathlon will begin near the corner of Plant Street and Fraser Drive.

1st Run Map: <http://www.gmap-pedometer.com/?r=3568591>

Bike:

The bike route...is challenging. Beautiful pavement out of transition onto Plant Street turns to some rough road on Fraser Drive for about 500m and there are some significant hills in on the first 5k so don't hammer hard out of transition. There will be a bottle exchange at 10K, 20k and 30k with water and Eload. If you want a bottle, throw your old bottle as you approach and yell in a clear, polite voice what type of fluid you would like. Please slow on approach. Every 5k will be marked as will turn arounds. This is an open course so watch traffic, road conditions and play safe.

20k Bike: <http://www.gmap-pedometer.com/?r=2347722>

40k Bike: <http://www.gmap-pedometer.com/?r=2336795>

NOTE: King and Queen of "the Beast" will be determined by who ascends the quickest. The winners will receive a Polka Dot t-shirt with saying. "Bridge to Engine room...I NEED MORE POWER!"

The run course is flat (really) and a 2.5k loop so yes if you are doing the Olympic it is 4 times around. The great thing about that is you'll be very familiar with the route by your fourth lap AND your spectators can see and encourage you numerous times! There will be an aid station at 1.25k and one just before/after turn around (transition).

Run Map: <http://www.gmap-pedometer.com/?r=3553218>

Finish

Your finish line is on the grass where you will receive your tri towel. There will also be complimentary massage therapists located just beyond the finish.

Awards: Awards to first man and woman in each race as well as age group awards will be given out as they happen. Draw prizes will be pulled while you race and placed on a table with your name on it in transition.

Medical Support: At the Start/Finish. First Aid kits at all Aid Stations

Facilities: Porta-potties at Start/Finish and at the Bata Ski Hill.

Parking: There is will be a drop off area in front of transition. There is NO PARKING as this is part of the race course. Please drive past transition and park in the Community Centre parking lot. Batawa is a small town and every where is walkable from this location. During the race Plant Street will be closed so please watch and listen to volunteers for directions.

Comments from the 2009 race:

Scott: *"The bike course was awesome. Tested everything: fitness, bike handling, strategy and mental focus...beauty!"*

Allen: *"This is my 20th season of racing triathlons and it was refreshing to do a local event with and "old school" feeling."*

Bryan: *"This was my first triathlon and I really had a good time. The bike ride was a good test but really enjoyed it, the nice flat run was a great way to end. Great job to everyone involved...can't wait til next year!!!"*

Michelle: *"This was my first Duathlon and it was a great experience for me."*