



27th annual

LAKE METROPARKS

PIRATE

TRIATHLON / PADDLE TRIATHLON

Sunday, July 21, 2019

Fairport Harbor Lakefront Park • Race begins 8 am

Swim 500 Meters / Kayak 2 Kilometers • Bike 20 Kilometers • Run 5 Kilometers

Registered by June 30: \$30 per person / \$50 per team
Registered July 1 to 18 (midnight): \$40 per person / \$60 per team
T-shirts are not guaranteed for registrations received after July 8.

On-site packet pickup: Saturday, July 20, 9 am to noon in finish tent
NO SAME-DAY or ON-SITE REGISTRATION

Same-day packet/bib pickup available beginning at 7 am in beach shelter. Entries limited to the first 500 persons registered. For more information, contact Brian Davidson at 440-256-2118 x4110 or b davidson@lakemetroparks.com.

Pre-register online at lakemetroparks.com by clicking on the race link.
(A processing fee will apply.)

Presented by



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LAKEMETROPARKS.COM

RACE CATEGORIES

Triathlon Age Division:

Male/Female

19 & younger	45 – 49
20 – 24	50 – 54
25 – 29	55 – 59
30 – 34	60 – 64
35 – 39	65 – 69
40 – 44	70 & older

Kayak Triathlon Age Division:

Male/Female

19 & younger	40 – 49
20 – 29	50 – 59
30 – 39	60 & older

Triathlon Teams

Kayak Triathlon Teams

Swim, kayak, bike and run route maps available at lakemetroparks.com.

Triathlon Course

Swim 500 meters in Lake Erie. Start in water. Depth of water approximately 6 feet. Wet suits are permitted. No flotation devices. Lifeguards are on duty. For safety reasons, tired swimmers may stop, touch bottom (if able) and resume swimming when ready.

–OR–

Kayak in Lake Erie. Start on the beach west of the swim course. Paddle north 100 meters, then east parallel to the swim course. Turn around and return to the beach at the same location they departed from. Course is approximately two kilometers.

Bike 20 kilometers (12.4 miles) out and back on route of paved roads. Start from Fairport Beach, travel east through Painesville Township and return on same roads. Bicycle helmets required! Route marked with directional arrows on roads. Local law enforcement will attempt to hold traffic at all intersections, however, racers should adhere to traffic laws and race cautiously. There are six railroad crossings; cross with caution.

Run 5 kilometers (3.1 miles) on paved roads marked with directional arrows. Run with traffic. Always look both ways when crossing intersections and making turns. Entire course is within Fairport Village limits. Traffic will be controlled at critical intersections.

AWARDS will be presented at the completion of the triathlon. Awards will be presented to the top three finishers of each race category.

T-SHIRTS are not guaranteed for registrations received after July 8.

RACE OFFICIALS reserve the right to change or alter the racecourse for safety purposes and to alter age categories if insufficient registration is received. Should extreme weather occur, officials reserve the right to cancel the event(s) or delay the start. Cancellations or alterations will be made at 8 am at the picnic shelter at Fairport Beach. If sufficient registration is not received by three days prior to event day, Lake Metroparks reserves the right to cancel the race.



Other Information

NO SAME-DAY REGISTRATION. Pre-register online at lakemetroparks.com by clicking the link or by calling 440-358-7275 or 800-669-9226. On-site packet pickup will be at the finish tent on Saturday, July 20, 9 am to noon.

Kayak Start:

- Kayak triathletes and kayak teams start in one wave at 8 am. Kayakers must bring their own equipment. PFDs must be worn at all times. All kayaks compete together regardless of boat type.

Swim Start: NEW Triathlete wave start times:

Males ages 34 & younger	8:05 am	Females ages 34 & younger & all triathlon teams	8:25 am
Males ages 35 – 44	8:10 am	Females ages 35 – 49	8:30 am
Males ages 45 – 54	8:15 am	Females ages 50+	8:35 am
Males ages 55+	8:20 am		

Wave starts may be modified based upon registration.

Bib Number must be worn on the front of each participant while cycling and running. Bib number will also be written on the right arm bicep. Racer's age will be written on right calf.

Transition Area is located in the field below the amphitheater. A limited number of bike racks are provided. Only racers will be permitted in the transition area during the race. All bikes must be walked or run into the transition area.

Timing: Splits are not guaranteed. Results will be posted on lakemetroparks.com.

All Teams: Can consist of two or three people. All tags are performed inside transition area by the bike racks.

Safety Concerns:

- All participants must sign a Lake Metroparks waiver.
- ANSI/Snell bicycle helmet must be worn while riding bicycle.
- Roads are active during race; they are not closed.
- No headphones permitted during any stage of the race.
- Staffed water stops provided in transition area and on running course.
- This is a people race. Please leave your pets at home.
- No glass containers permitted on the beach or parking lot.
- This is an open road race. Please use caution.

Triathlete Transition Training

Fee: \$10, Ages 16 and older

Come learn about transition areas, clothing and equipment for triathlons and adventure races. Bring your swimsuit, bike and running shoes for optional transition practice and a short swim/bike/run. min 5, max 30

Thursday, July 18, 6:30 to 8:30 pm, at Fairport Harbor Lakefront Park Shelter

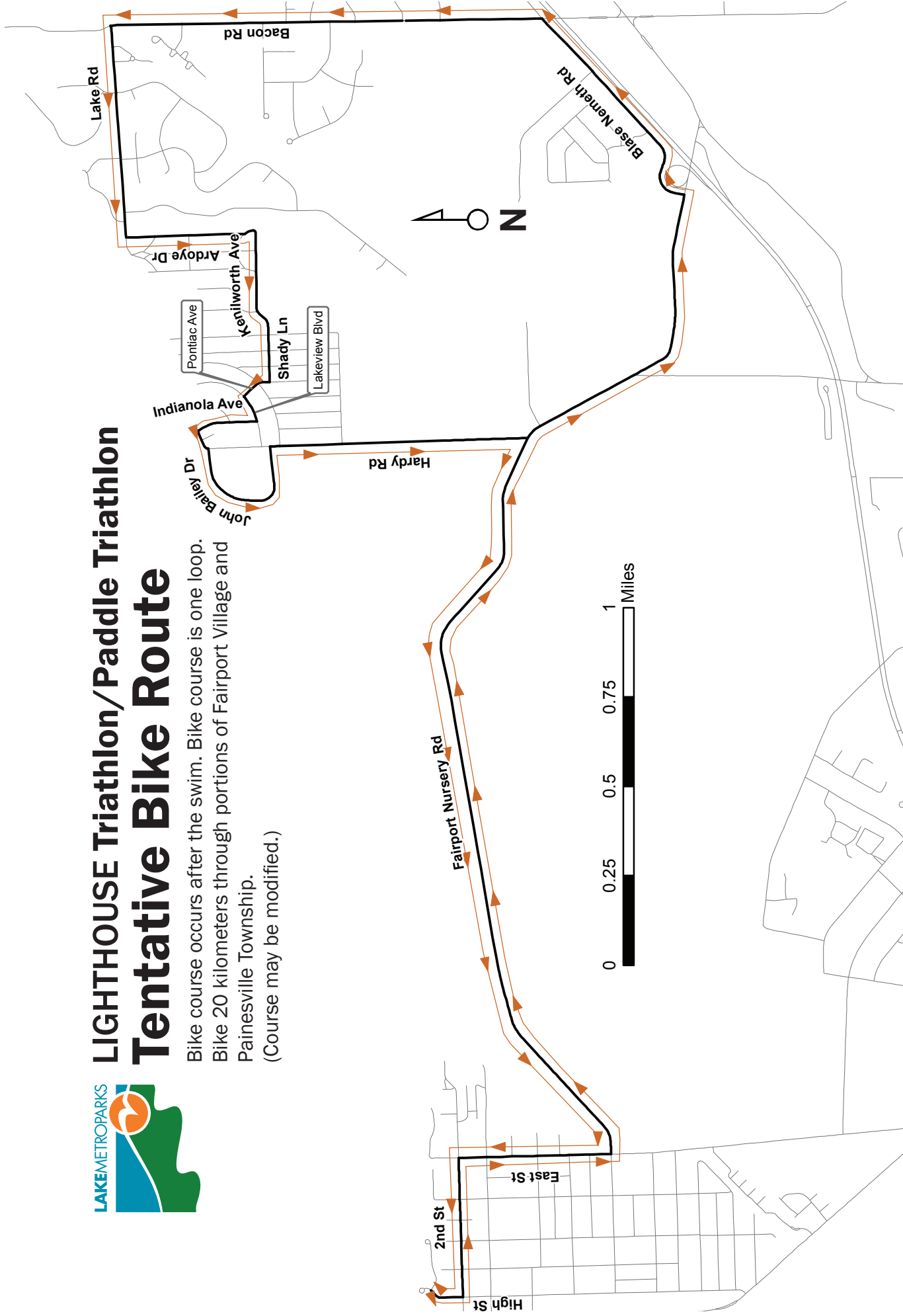
SPORTS HOTLINE: For up-to-date weather and race conditions, call 440-256-2118 x4178.

Fairport Harbor Lakefront Park
301 Huntington Beach Dr.
Fairport Harbor, Ohio 44077



LIGHTHOUSE Triathlon/Paddle Triathlon Tentative Bike Route

Bike course occurs after the swim. Bike course is one loop.
Bike 20 kilometers through portions of Fairport Village and
Painesville Township.
(Course may be modified.)





LIGHTHOUSE Triathlon/Paddle Triathlon Tentative Run Route

The run will take place after bicycling.
Run course is one loop. 5 kilometers
through Fairport Village.
(Course may be modified.)

