



Lake Metroparks Registration Department
11189 Spear Road
Concord Twp., OH 44077

PRSRT STD
U.S. Postage
PAID
Willoughby, Ohio
Permit No. 10

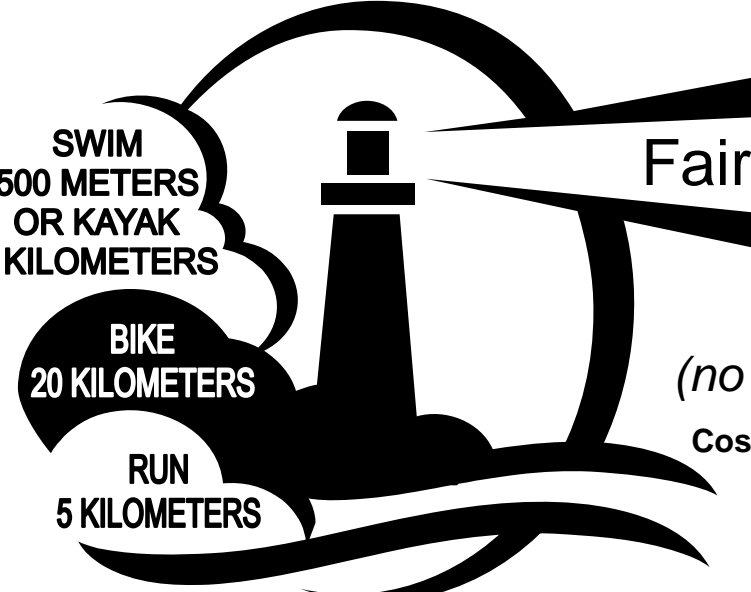
Lake Metroparks 16th Annual

Lighthouse Triathlon / KAYAK TRIATHLON

SWIM
500 METERS
OR KAYAK
3 KILOMETERS

BIKE
20 KILOMETERS

RUN
5 KILOMETERS



Sunday, July 27, 2008
Fairport Harbor Lakefront Park
Race starts 8 am
Registration 7 am
(no registration accepted after 7:30 am)

Cost:	Pre-registration by noon July 25	After July 25
Triathlon:	\$20	\$25
Kayak Division:	\$20	\$25
Team:	\$30	\$35

Entries limited to the first 300 persons/teams registered.

TRIATHLON COURSE

Swim 500 meters in Lake Erie. Start in water. Depth of water approximately 6 feet. Wet suits are permitted. No flotation devices. No swim caps will be issued. Lifeguards are on duty. For safety reasons, tired swimmers may stop, touch bottom, and resume swimming when ready. There will be two men's waves, ages 33 & younger at 8 am, 34+ at 8:05 am; women and teams start at 8:10 am. **-OR-**

Kayak 3 kilometers in Lake Erie. Start on the beach west of the swim course at 8 am. Kayaks paddle north 100 meters, then east 1.5 kilometers parallel to the swim course. They will turn around and return to the beach at the same location they departed from.

Bike 20 kilometers (12.4 miles) out and back 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.

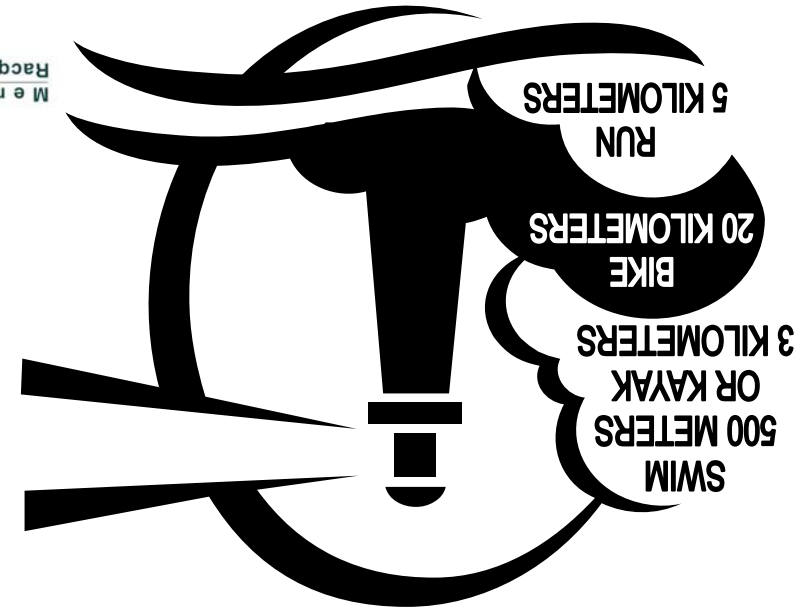
Run 5 kilometers (3.1 miles) on paved roads marked with directional arrows. Run with traffic. Always look both ways when crossing intersections and making turns. Entire course is within Fairport Village limits. Traffic will be controlled at critical intersections. Runners re-enter the beach through East Street access. Last ¼-mile is not paved, but on hard-packed dirt/sand.

AWARDS will be presented at the completion of the Triathlon. Medals will be presented to the top male and female of each race category. Medals will also be presented to the top three finishers in all age divisions.

T-SHIRTS are guaranteed to pre-registered participants. Same-day registrants will be issued T-shirts on a first-come, first-served basis.

RACE OFFICIALS reserve the right to change or alter the racecourse for safety purposes and to alter age categories if not enough registrations are 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 registrations are not received by three days prior to event day, Lake Metroparks reserves the right to cancel the race.

For more information, contact Brian Davidson at
440-256-2110 or bdauidson@lakemetroparks.com.

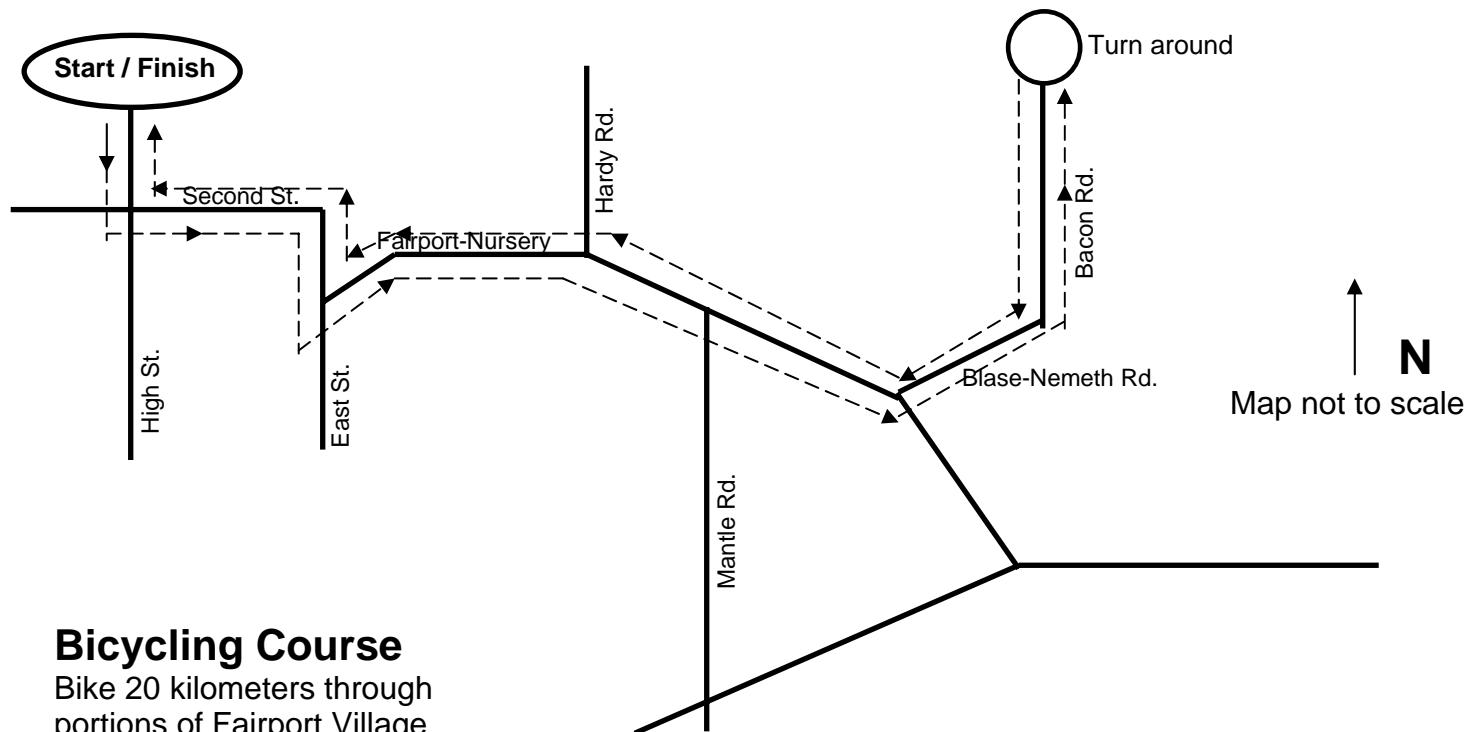


Lake Metroparks 16th Annual
LIGHTHOUSE TRIATHLON / KAYAK TRIATHLON
Sunday, July 27, 2008
8 am
Fairport Harbor Lakefront Park

<p>Registration Department 11189 Spear Road Concord Twp., OH 44077 440-358-7275 or 1-800-669-9226 lakemetroparks.com</p>	<p>Lake County Probate Judge Ted Klammer</p> <p>Board of Park Commissioners Ellen Foley Kessler Mark P. Oesterle Frank J. Polivka</p> <p>Executive Director David A. Noble</p> <p>Deputy Director Stephen W. Madewell</p>	<p>of Willoughby</p>			
--	---	----------------------	--	--	--

Lake Metroparks does not discriminate on the basis of race, color, religion, gender, age, nationality or disability in employment, services, programs, or activities. Should special assistance be required in visiting facilities and/or participating in programs or activities of Lake Metroparks, please call (800) 669-9226 at least 48 hours in advance.

Bike course occurs after the swim. Bike course is one loop.



Bicycling Course
Bike 20 kilometers through portions of Fairport Village and Painesville Township

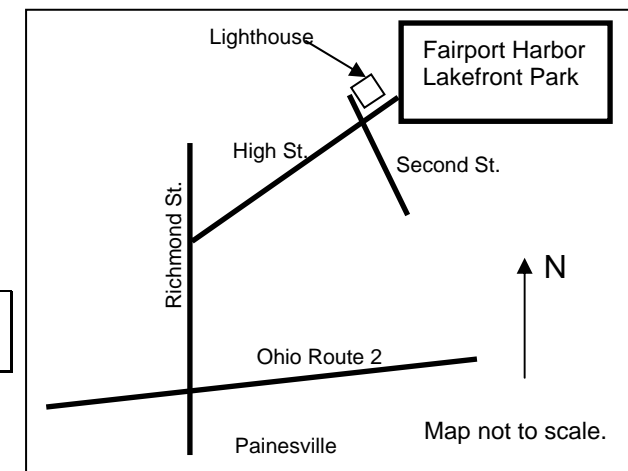
OTHER INFORMATION

Start: Racers will start in waves: male swimmers ages 33 & younger 8 am, male swimmers ages 34 & older 8:05 am, and all teams/women 8:10 am.
Kayaks: 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.
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.
Transition Area is located in the parking lot. A limited number of bike racks are provided. Only racers will be permitted in the transition area during the race.
Timing: No splits given. Participants can find race results at lakemetroparks.com one week after event.
All Teams: Can consist of two or three people. Coed teams compete in the Men's Team category.

Safety Concerns:

- All participants must sign a Lake Metroparks waiver.
- ANSI/Snell bicycle helmet must be worn while riding bicycle.
- 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 pet at home.
- No glass containers permitted on the beach or parking lot.

SPORTS HOTLINE: FOR UP-TO-DATE WEATHER AND RACE CONDITIONS, CALL 440-954-4178.

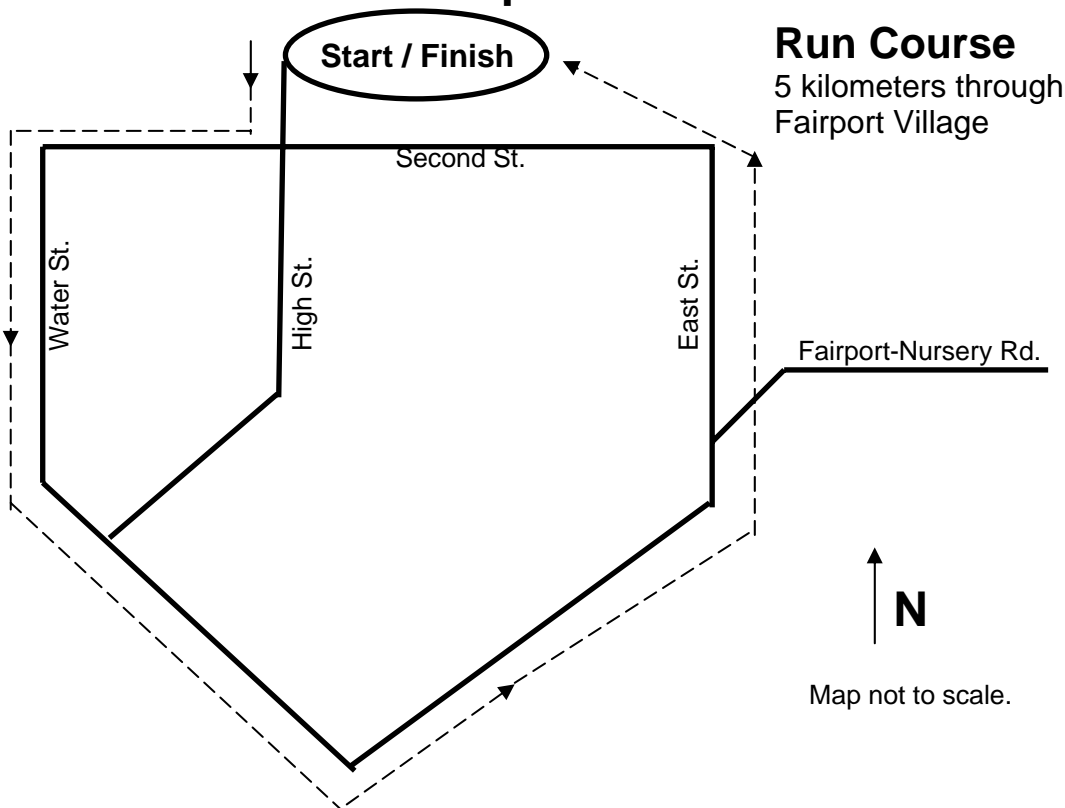


Triathlete Survival Tips Training

Ages 16 and older, \$5.00
 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, June 19, 6:30 – 8:00 pm, at Fairport Harbor Lakefront Park - Shelter
 Tuesday, July 8, 6:30 – 8:00 pm, at Fairport Harbor Lakefront Park - Shelter

To register, call 440-358-7275 or 1-800-669-9226, or register online at lakemetroparks.com.

The run will take place after bicycling. Run course is one loop.



Run Course
5 kilometers through Fairport Village

RACE CATEGORIES

Triathlon Age Division	
<u>Male</u>	
19 & younger	40 – 44
20 – 24	45 – 49
25 – 29	50 – 54
30 – 33	55 & older
34 – 36	
37 – 39	
<u>Female</u>	
19 & younger	40 - 44
20 - 24	45 - 49
25 - 29	50 & older
30 - 34	
35 - 39	
Kayak Triathlon Age Division	
<u>Male</u>	
19 & younger	19 & younger
20 - 29	20 - 34
30 - 39	35 - 49
40 - 49	50 & older
50 & older	
<u>Female</u>	
19 & younger	19 & younger
20 - 29	20 - 34
30 - 39	35 - 49
40 - 49	50 & older
50 & older	

Triathlon Teams:
Men / Coed
Female

Kayak Triathlon Teams:
Men / Coed
Female

**Lake Metroparks
16th Annual Lighthouse Triathlon / Kayak Triathlon**

Complete this registration form and return with payment to:
 Lake Metroparks Registration Department, 11189 Spear Road, Concord Twp., OH 44077
 440-358-PARK or 1-800-669-9226 Fax 440-358-7280

OFFICIAL USE
 Bib # _____
 Class _____

Name: _____ Gender: M F DOB: _____ Age day of event: _____

Mailing address: _____
 Street or PO Box City State Zip

Daytime Phone: _____ E-mail Address: _____

Event Entered:
 _____ **Triathlon:** Age Category: _____ **Kayak Triathlon:** Age Category: _____
 If Team, Name: _____ If Team, Name: _____
 Name: _____ Name: _____

Method of Payment: _____ Cash
 _____ Check (payable to **LAKE METROPARKS**) Driver's License No. _____ State _____
 _____ VISA _____ Mastercard Card Number _____ Exp. Date _____ 3-Digit Security Code _____

Waiver
 I know that participating in a race is a potentially hazardous activity. I also know that although police protection will be provided, there will be traffic on the course route. I assume the risk of running and cycling in traffic. I understand that I am solely responsible for my own safety while participating in this event. In consideration of the acceptance of my entry, I hereby waive any and all claims to damage of personal injury I, my heirs, or executors may have against Lake Metroparks, the Village of Fairport, event sponsors, or any public entity as a result or participation in the Lake Metroparks Lighthouse Triathlon, Sunday, July 27, 2008. I also attest and verify that I am physically fit and have sufficiently trained for this event. Therefore, please enter me in the 2008 Lake Metroparks Lighthouse Triathlon.

Signature _____ (Required) Signature of parent _____ (If younger than 18)