



# Lake Metroparks Pirate Triathlon / Kayak Triathlon

**Swim 500 Meters or Kayak 3 Kilometers  
Bike 20 Kilometers  
Run 5 Kilometers**

**Sunday, July 24, 2011  
Fairport Harbor Lakefront Park  
Race begins 8 am**



**Registered by June 30: \$20 per person / \$30 per team  
Registered July 1 – 20 (midnight): \$25 per person / \$35 per team  
On-site registration and packet pickup Thursday, July 21, 6 – 8 pm  
and Friday, July 22, 6 – 8 pm:  
\$35 per person / \$45 per team  
Packet Pickup Only: Saturday, July 23, 10 am – noon**

## NO SAME-DAY REGISTRATION

Entries limited to the first 425 persons registered.

For more information, contact Brian Davidson at 440-256-2110 or [bdavidson@lakemetroparks.com](mailto:bdavidson@lakemetroparks.com).

To register, fill out the attached form, call 440-358-7275 or visit [lakemetroparks.com](http://lakemetroparks.com).



Registration Department  
11189 Spear Road  
Concord Twp., OH 44077  
440-358-7275 or 1-800-669-9226  
[lakemetroparks.com](http://lakemetroparks.com)

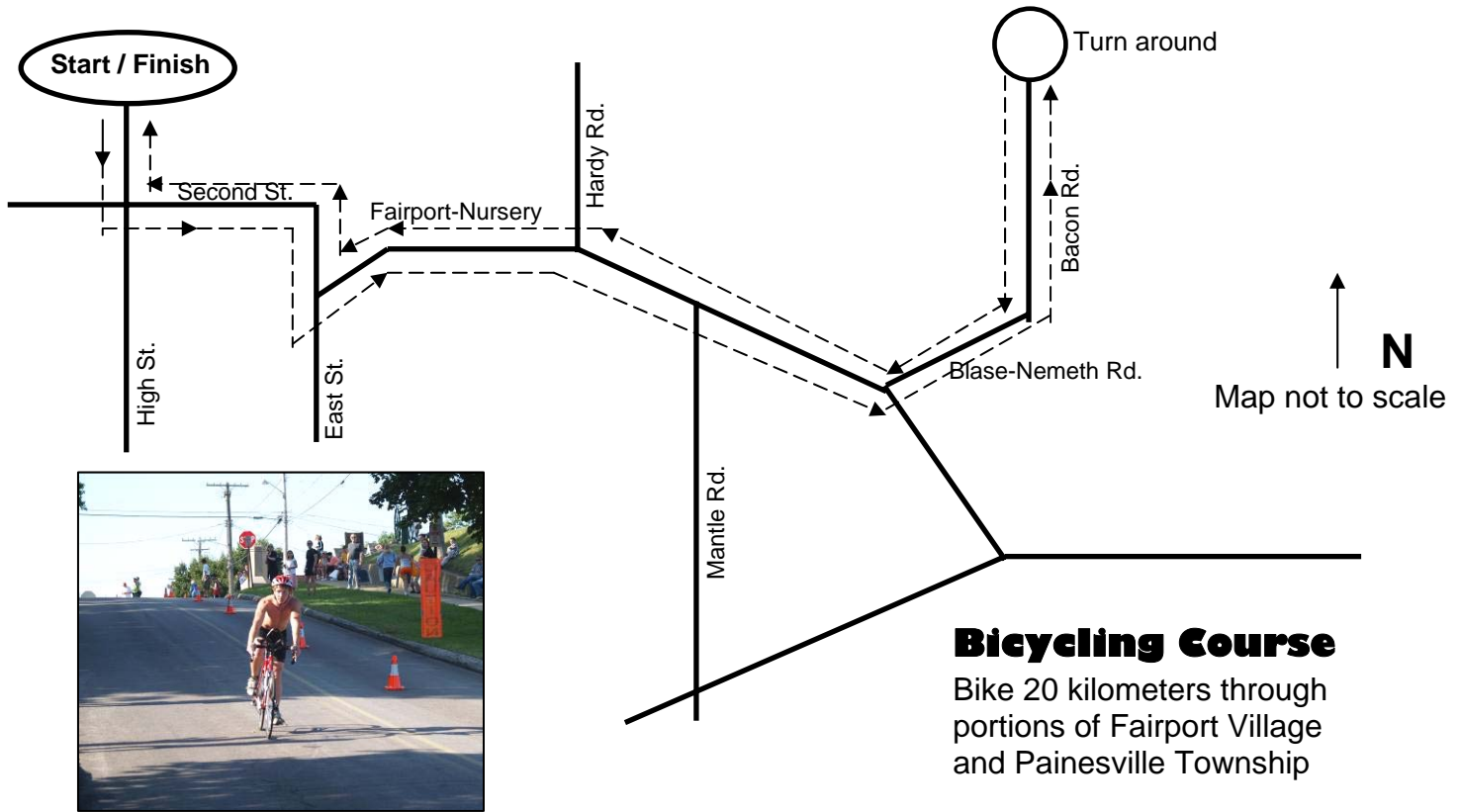
Lake County Probate Judge Ted Klammer

Board of Park Commissioners  
Ellen Foley Kessler Mark P. Oesterle Frank J. Polivka

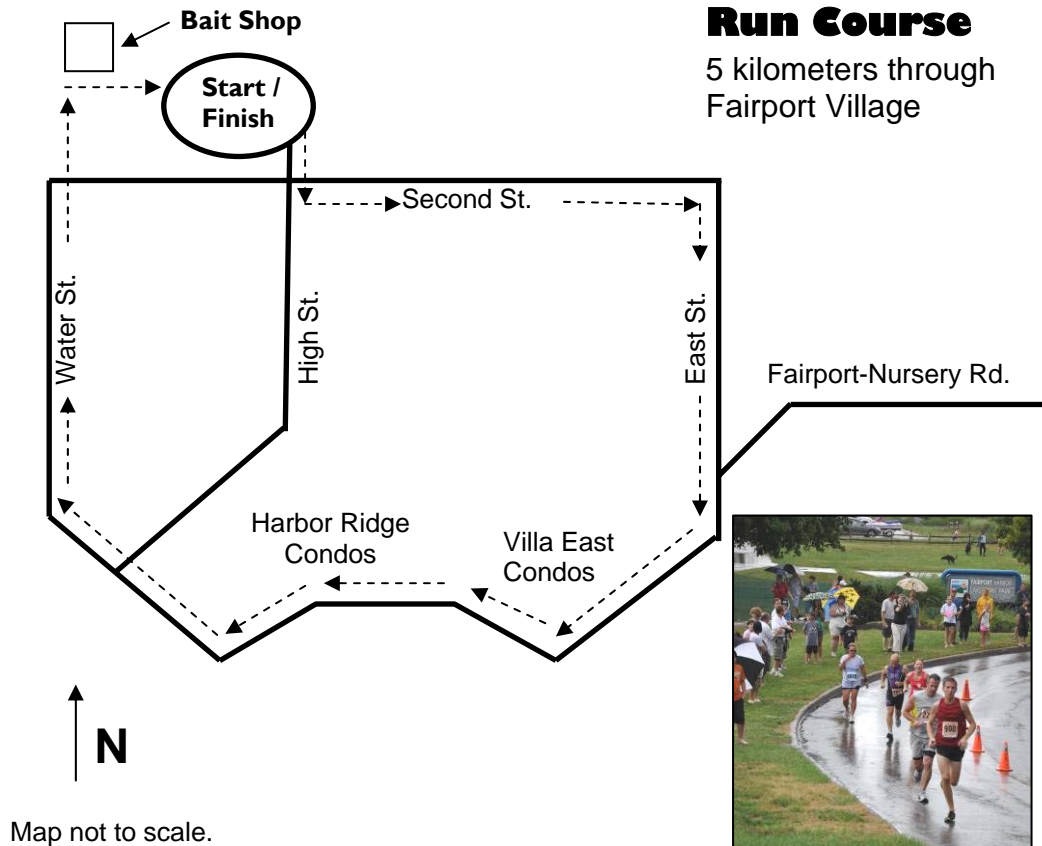
Executive Director Stephen W. Madewell

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 440-358-7275 at least 48 hours in advance.

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



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



**RACE CATEGORIES**

**Triathlon Age Division**

Male

19 & younger	40 - 44
20 - 24	45 - 49
25 - 29	50 - 54
30 - 33	55 & older
34 - 36	
37 - 39	

Female

19 & younger	40 - 44
20 - 24	45 - 49
25 - 29	50 & older
30 - 34	
35 - 39	

**Kayak Triathlon Age Division**

Male

19 & younger	19 & younger
20 - 29	20 - 34
30 - 39	35 - 49
40 - 49	50 & older
50 & older	

Female

**Triathlon Teams:**

Men / Coed      Female

**Kayak Triathlon Teams:**

Men / Coed      Female

**OTHER INFORMATION**

**NO SAME-DAY REGISTRATION.** Pre-register online at lakemetroparks.com or by calling 440-358-7275 or 1-800-669-9226. **On-site registration and packet pickup will be completed at the picnic pavilion on Thursday, July 21, 6 – 8 pm and Friday, July, 22, 6 – 8 pm. On-site packet pickup only on Saturday, July 23, 10 am to noon.**

**Kayak Start:** All 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:** Triathletes will start in waves: males ages 33 & younger 8:05 am, males ages 34 & older 8:10 am, females ages 34 & younger and all teams 8:15 am, females ages 35 & older 8:20 am.

**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.

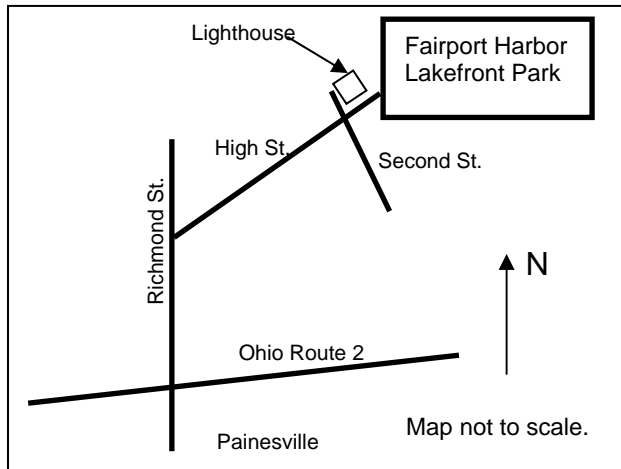
**Transition Area** is located in the field below the amphitheater. A limited number of bike racks are provided. Only racers will be permitted in the transition area during the race. All bikes must be walked or run into the transition area.

**Timing:** Splits given. Results will be posted within 24 hours of completion of race at [www.chaneyevents.com](http://www.chaneyevents.com).

**All Teams:** Can consist of two or three people. Coed teams compete in the Men's Team category. 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.
- 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.
- Costumed pirates encouraged.



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

**Triathlete Transition 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, July 21, 6:30 to 8:00 pm, at Fairport Harbor Lakefront Park - Shelter

**To register, call  
440-358-7275 or  
1-800-669-9226, or visit  
[lakemetroparks.com](http://lakemetroparks.com).**



**Lake Metroparks  
Pirate 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 \_\_\_\_\_

\$ PAID \_\_\_\_\_

Name: \_\_\_\_\_ Gender: M F DOB: \_\_\_\_\_ Age day of event: \_\_\_\_\_

Mailing address: \_\_\_\_\_  
Street or PO Box City State Zip

Daytime Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

T-shirt Size (circle one): (Circle one): **S M L XL XXL**

**Event Entered:**

\_\_\_\_\_ **Triathlon:** Age Category: \_\_\_\_\_ \_\_\_\_\_ **Kayak Triathlon:** Age Category: \_\_\_\_\_

If Team, Name: \_\_\_\_\_

If Team, Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

**PLEASE COMPLETE PAYMENT INFORMATION ON BACK OF REGISTRATION FORM.**

**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 Pirate Triathlon, Sunday, July 24, 2011. I also attest and verify that I am physically fit and have sufficiently trained for this event. Therefore, please enter me in the 2011 Lake Metroparks Pirate Triathlon.

Signature \_\_\_\_\_  
(Required)

Signature of parent \_\_\_\_\_  
(If younger than 18)

**TRIATHLON COURSE**

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

**Kayak 3 kilometers** in Lake Erie. Start on the beach west of the swim course. 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 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. Runners re-enter the beach through East Street access. Last 0.25 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. Those registering on-site (July 21 and 22) are not guaranteed T-shirts at time of packet pickup.

**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.



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**TOTAL \$\$ PAID:**  
\_\_\_\_\_

**Method of Payment:**

- Cash
- Check (payable to **LAKE METROPARKS**)  
Driver's License No. \_\_\_\_\_ State \_\_\_\_\_

- VISA     Mastercard     Discover
- Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-Digit Security Code \_\_\_\_\_