

# 36th Annual Deep River



# TRIATHLON

AND NEW TRIATHLON *SPRINT*

# August 4, 2019

**\$69.03**  
individual

REGISTER BY  
JUNE 21st  
to receive a  
discounted "Early  
Bird" Price

**\$116.29**  
team

Deep River Recreation Department  
613 584-2000 Ext. 103

**FIND US:**

[www.deepriver.ca](http://www.deepriver.ca)

[www.eventsonline.ca](http://www.eventsonline.ca)

Facebook: Search "[Deep River Triathlon](#)"

Our triathlon event is the most widely attended of all our events. The event allows for participants of all levels of experience to test their abilities. Divisions are broken up into individual, male and female and a team category. Champion Chip Timing is used. This event will take place on **Sunday, August 4th, 2019.**

**\*\*Early Bird\*\* Registration Rate**

Individuals - \$58.78  
Teams - \$100.92

Closes June 21st, 2019

Registration Fee  
June 22nd - August 1st,  
2018

Individuals - \$69.03  
Teams - \$116.29

Online Registration closes  
August 1st at Midnight

Late registration  
Individuals - \$79.28  
Teams - \$131.66

Late Registration can be made at Town Hall , optional check in or on Race Day

**RACE START**

The race starts at Deep River's Municipal Pier at 8:30 a.m. sharp. Competitors must be at the Municipal Pier before 8:15 a.m. for scheduled briefing.

**TRIATHLON COURSE**

**SWIM:** 750 meters out & in from Municipal Pier (Ottawa River)

**BIKE:** 27 km-Three laps of paved roads, around the Town of Deep River. Bike starts at the Yacht Club and finishes at the Yacht Club

**RUN:** - 8 KM- Out and back, along town roads. Starts at the Yacht Club and finishes at Centennial Rock.

**TRIATHLON SPRINT COURSE**

**SWIM:** 750 meters out & in from Municipal Pier (Ottawa River)

**BIKE:** 18 km-Two laps of paved roads, around the Town of Deep River. Bike starts at the Yacht Club and finishes at the Yacht Club

**RUN:** - 5 KM- Out and back, along town roads. Starts at the Yacht Club and finishes at Centennial Rock.

**CHECK IN**

**OPTIONAL** information kit pick-up at Deep River Yacht & Tennis Club (DRYTC) Saturday, August 3rd from 4:00 - 5:30 p.m.

**BODY NUMBERING & CHAMPION CHIP TIMING**

Sunday, August 4th - 6:30 - 8:00 a.m. at the Deep River Yacht & Tennis Club (DRYTC)

**AWARDS**

Will be held at Deep River Yacht & Tennis Club (DRYTC) Prizes will be awarded for a variety of categories. There will also be additional draws.

**ENTRIES**

\* **Participants must be 14 years or older**

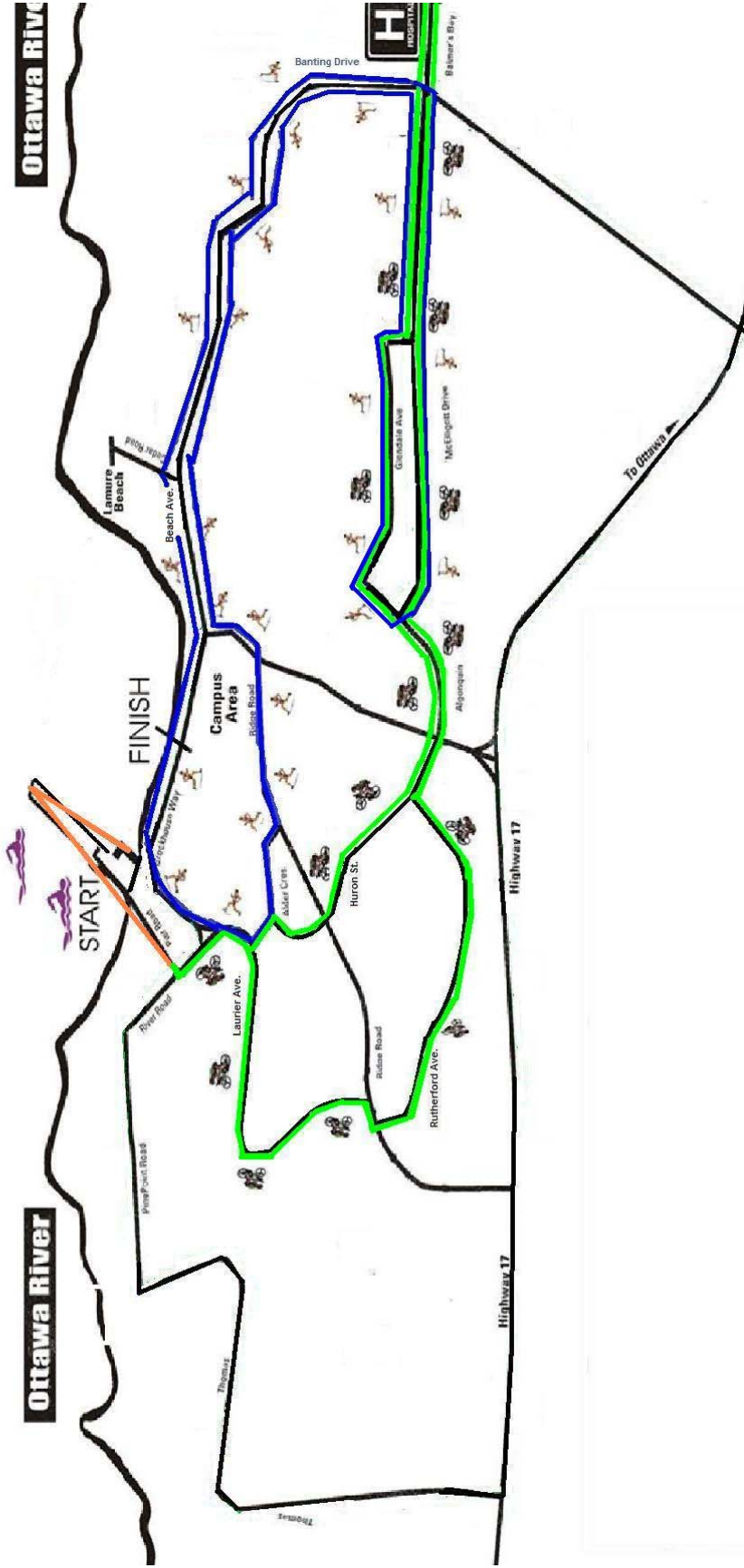
\* Completed form and fee of \$58.78 for individuals or fee of \$100.92 for team (HST included) category must be received by 5:00 pm on **Friday, June 21st , 2019** to receive the Early Bird rate. (Please see fee structure above)

\* Fee includes cap, champion chip timing, souvenir t-shirt and lunch.

\* There will be a increase fee for individual entries and for teams after June 21st and an additional late fee after August 1st, 2019.

# Deep River Triathlon

**TRIATHLON ROUTE - please read carefully**



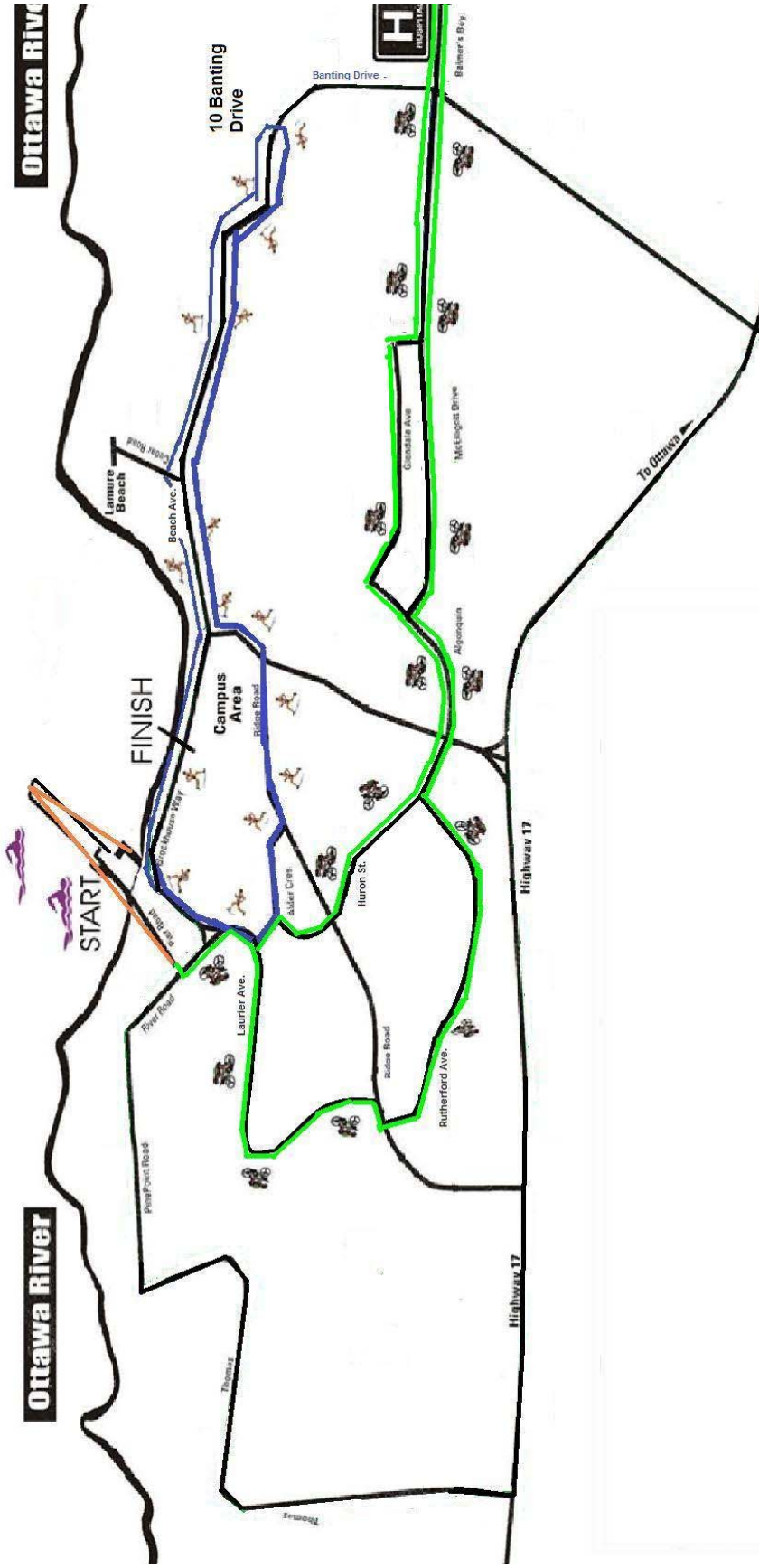
**Swimming (Orange):** Begin at pier. Swim out past yellow buoys and back into pier ramp.

**Cycling (Green):** Begin at the Yacht and Tennis club (DRYTC) —go down Pier Rd. and turn left onto River Road. Continue up the hill, and turn right onto Laurier Ave. This is where the loop begins. Go down Laurier, turn right onto Ridge Road, and then immediately turn left onto Rutherford Ave. At the end, turn right onto Huron. Cross the intersection to Algonquin St. Turn right onto McElligott Drive. Continue through intersection to Balmer Bay Rd. Continue until a marshal. Turn around and follow the same route back. While on McElligott, turn right onto Golf Course Rd. (by St. Barnabas Church), and then turn left onto Glendale Ave. Turn left onto Algonquin St. Continue through intersection and stay on Huron St. At the intersection, continue onto Alder Cresc. Turn left onto Laurier Ave. Perform this loop a total of three times. On the last lap, turn right to go back down the hill, and use River Rd. and Pier Rd. to return to the DRYTC for the transition to the running segment.

**Run (Blue):** Exit from the Deep River Yacht & Tennis Club (DRYTC) using the run exit path and turn left onto Brockhouse Way, then left onto Beach Avenue, then right on LaSalle Drive. Take a left onto Banting drive. Take a right onto McElligott Drive. Right onto Algonquin st., right onto Glendale avenue, right onto Golf Course road, left onto McElligott drive. Run back down McElligott Drive and left onto LaSalle, back to Beach Avenue. Take a left on Deep River Road (up the hill), right onto Ridge Road (Giant Tiger), run past the Library, right onto Alder Crescent, right onto Laurier, right onto Brockhouse Way (down

# Deep River Triathlon SPRINT

TRIATHLON SPRINT ROUTE - please read carefully



**Swimming (Orange):** Begin at pier. Swim out past yellow buoys and back into pier ramp.

**Cycling (Green):** Begin at the Yacht and Tennis club (DRYTC) —go down Pier Rd. and turn left onto River Road. Continue up the hill, and turn right onto Laurier Ave. This is where the loop begins. Go down Laurier, turn right onto Ridge Road, and then immediately turn left onto Rutherford Ave. At the end, turn right onto Huron. Cross the intersection to Algonquin St. Turn right onto McElligott Drive. Continue through intersection to Balmer Bay Rd. Continue until a marshal. Turn around and follow the same route back. While on McElligott, turn right onto Golf Course Rd. (by St. Barnabas Church), and then turn left onto Glendale Ave. Turn left onto Algonquin St. Continue through intersection and stay on Huron St. At the intersection, continue onto Alder Cresc. Turn left onto Laurier Ave. Perform this loop a total of two times. On the last lap, turn right to go back down the hill, and use River Rd. and Pier Rd. to return to the DRYTC for the transition to the running segment.

**Run (Blue):** Exit from the Deep River Yacht & Tennis Club (DRYTC) using the run exit path and turn left onto Brockhouse Way, then left onto Beach Avenue, then right on LaSalle Drive. Take a left onto Banting Drive and continue to the turn a round. Continuing back on Banting turn left onto LaSalle, back to Beach Avenue. Take a left on Deep River Road (up the hill), right onto Ridge Road (Giant Tiger), run past the Library, right onto Alder Crescent, right onto Laurier, right onto Brockhouse Way (down the hill). Finish at Centennial Terrace.

## RULES & REGULATIONS

1. Your information package should include a souvenir t-shirt, bathing cap, 1 lunch ticket and a bag for clothing changes.
2. Officials and marshals will be wearing bright t-shirts.
3. Check the route map carefully.
4. From 6:30 - 8:00 a.m. prior to starting, **ALL COMPETITORS** must report to the Deep River Yacht & Tennis Club in order that officials can mark their arms and legs with appropriate competitor numbers.
5. Competitors bicycles and other equipment should be located at Bike Station at the Yacht Club **BEFORE 8:00 A.M.**
6. **BEFORE EVENT**, put any equipment for running leg inside the transition compound located in the fenced-in area at the Yacht Club Do not block access or move other competitors equipment at any location.
7. Only equipment placed in numbered bags provided will be transferred to the awards ceremony after the race is complete.
8. All competitors must be at the starting line at the end of the Federal Pier beside the Marina **NO LATER THAN 8:15 A.M.**
9. **TRIATHLON STARTS AT 8:30 A.M. SHARP!!!**
10. In the event of difficulty in the water, swimmers should wave their bathing caps in the air to alert lifeguards.
11. All competitors must wear helmets when cycling and the no drafting policy must be observed.
12. The cycle segment is three laps. At the completion of the last lap, the competitors must dismount from their bikes and run their bikes down the 1st path just past the tennis courts to the Deep River Yacht & Tennis Club which is the transition point to the running segment.
13. Competitors must obey the marshals cycling and running. Cycle on the right side of the road; runners on the left side of the road. All turns and junctions with stop signs will be marshaled. **THE ROADS ARE NOT CLOSED TO TRAFFIC.**
14. In the cycling leg, all corners will be marshaled. Any arrows on the road, which refer **ONLY** to the running leg should be ignored.
15. **DISMOUNT** bike at entrance of the path and run into transition area, walk it into the area, and place bike in rack. **CYCLING IN THE TRANSITION AREA IS NOT PERMITTED.**
16. Put on running equipment and exit transition
17. The running course will have marshals on all turns and junctions with stop signs. There will be orange arrows on the road at every corner.
18. Showers are available immediately following the Triathlon at the Community Pool within walking distance of the finish line.
19. Lunch and the awards presentation will be held at 11:30 am at the Deep River Yacht & Tennis Club . We encourage all athletes to continue to cheer for all participants registered.
20. The Recreation Department is not responsible for loss or missing clothing, equipment or personal items.



**Online registration with EventsOnline - (www.eventsonline.ca)  
or through the Town of Deep River**

If you are an individual, please fill out the swimmer section only. Complete the following form & waiver, print and fax to the Recreation Department at (613 584-3237). Payment can be made in person at the Municipal Office, 100 Deep River Road or by mail to P.O. Box 400, Deep River, ON K0J 1P0, payable to the Town of Deep River. The **Early Bird** registration fee is \$58.78 for individual entries and \$100.92 for team entries (HST included). Early Bird registration deadline is Friday, June 21st, 2019 (5:00 pm). After due date, the registration is \$69.03 for individuals and \$116.29 for teams. Online registration closes on August 1 at midnight. All registration after this date will have an additional late fee. \$10 for individuals and \$15 for teams.

**If you are registering a team, you must provide a Team Name**

**TEAM NAME:** \_\_\_\_\_

(CHECK ONE)                      **TRIATHLON**                       **(NEW) TRIATHLON SPRINT**

**SWIMMER**    (please print clearly)                      **Unisex T Shirt (please circle):** S   M   L   XL

Name: \_\_\_\_\_ SEX: M   F  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province \_\_\_\_\_  
Postal Code: \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Age (On August 4) \_\_\_\_\_ DOB: Day \_\_\_\_\_ Mo \_\_\_\_\_ Yr \_\_\_\_\_  
Participants Signature \* \_\_\_\_\_

\* My signature indicates that I have read, understood and agree to the Rules and Regulations section of this package.

Parents or Guardians Signature \_\_\_\_\_  
(Required if participant is under 18 years of age)

**CYCLE**    (please print clearly)                      **Unisex T Shirt (please circle):** S   M   L   XL

Name: \_\_\_\_\_ SEX: M   F  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province \_\_\_\_\_  
Postal Code: \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Age (On August 4) \_\_\_\_\_ DOB: Day \_\_\_\_\_ Mo \_\_\_\_\_ Yr \_\_\_\_\_  
Participants Signature \* \_\_\_\_\_

\* My signature indicates that I have read, understood and agree to the Rules and Regulations section of this package.

Parents or Guardians Signature \_\_\_\_\_  
(Required if participant is under 18 years of age)

**RUNNER**    (please print clearly)                      **Unisex T Shirt (please circle):** S   M   L   XL

Name: \_\_\_\_\_ SEX: M   F  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Province \_\_\_\_\_  
Postal Code: \_\_\_\_\_ E-mail Address: \_\_\_\_\_  
Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Age (On August 4) \_\_\_\_\_ DOB: Day \_\_\_\_\_ Mo \_\_\_\_\_ Yr \_\_\_\_\_  
Participants Signature \* \_\_\_\_\_

\* My signature indicates that I have read, understood and agree to the Rules and Regulations section of this package.

Parents or Guardians Signature \_\_\_\_\_  
(Required if participant is under 18 years of age)

## WAIVER

In consideration of this entry, and with full knowledge of the risks involved, I/We hereby waive and release for myself, my heirs, executors, and administrators, any and all rights and claims for damages and causes for suits or action, known and unknown, that I may have against the Corporation of the Town of Deep River, and any and all participating supporters and sponsors and the directors, officers, employees, volunteers and agents of such parties for any injuries or losses arising from or in relation to my participating in this event.

**Check this tick box to agree to the waiver:**

Signature required: \_\_\_\_\_

**Refund Policy: All fees are Non-Refundable  
after Friday, August 2nd, 2019**