

# 39th Annual

# Deep River



# TRIATHLON

AND TRIATHLON *SPRINT*

August 4th, 2024

**EARLY BIRD**

**\$67.64**

**Individual**

REGISTER BY

June 3rd (Noon)

to receive a

discounted "Early Bird"

Price

**\$116.12**

**Team**

**EARLY BIRD**

Deep River Recreation Department

613 584-2000 Ext. 103

**FIND US:**

[www.deepriver.ca](http://www.deepriver.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, 2024.**

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

Individuals - \$67.64  
Teams - \$116.12

**Closes June 3rd, 2024 @ Noon**

Registration Fee  
June 3rd–July 22, 2024 @  
noon

Individuals - \$80.18  
Teams - \$134.17

Late registration  
July 22-Aug 3rd  
Individuals - \$91.32  
Teams - \$152.22

Online Registration closes  
July 26th at Midnight

**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 Deep River Shoreline Sports Club and finishes at the Shoreline Sports Club

**RUN:** - 8 KM- Out and back, along town roads. Starts at the Deep River Shoreline Sports Club formally known as 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 Deep River Shoreline Sports Club and finishes at the Deep River Shoreline Sports Club

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

#### **CHECK IN**

**OPTIONAL** information kit pick-up at Deep River Shoreline Sports Club formerly known as the (DRYTC) Saturday, August 3rd from 3:00 - 4:30 p.m.

#### **BODY NUMBERING & CHAMPION CHIP TIMING**

Sunday, August 4th - 6:30 - 8:00 a.m. at the Deep River Shoreline Sports Club

#### **AWARDS**

Will be held at Deep River Shoreline Sports Club. Prizes will be awarded for 1st, 2nd and 3rd place male and female as well as teams. Fastest swimmer, biker and runner will also be awarded in both the Triathlon and in the Sprint division.

#### **ENTRIES**

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

**\* Completed form and fee of \$67.64 for individuals or fee of \$116.12 for teams (HST included) category must be received by 11:59 pm on **Monday, June 3rd, 2023** 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 an increase fee for individual entries and for teams after June 3rd and an additional late fee after July 22nd, 2024.**

## 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 shoreline sports 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 Deep River Shoreline sports 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 Deep River Shoreline Sports 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 Shoreline Sports 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. (If Opened)
19. Lunch and the awards presentation will be held at 11:30 am at the Deep River Shoreline Sports 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 <https://app.univerusrec.com/deepriverpub/courses/index.asp>  
Or register at the Deep River Town Hall**

If you are an individual, please fill out the swimmer section only. Complete the following form & waiver, print and either drop in/mail or 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 \$67.64 for individual entries and \$116.12 for team entries (HST included). Early Bird registration deadline is Friday, June 3rd, 2024 (Noon). After due date, the registration is 80.18 for individuals and \$134.17 for teams. Late registration July 22-Aug 3rd \$91.32 for individuals and \$152.22 for teams. Online registration closes on July 26th at midnight. All registration after this date will have an additional late fee. **If you are registering a team, you must provide a Team Name**

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

(CHECK ONE)

**TRIATHLON**

**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 Monday July 29, 2024**