


## NEW THIS YEAR

GORD'S SKI AND BIKE, [www.gords.com](http://www.gords.com), on Donald and Kenaston will be donating two grand prizes this year. A **road bike** and a **Zoot Wetsuit** will be drawn at the end of the 5th and final race on May 31st. 5 names will be drawn at each race throughout the series for a total of 25 names. 2 winners will be drawn from those 25 names, but you must be present at the last race when your name is drawn to claim your prize, otherwise there will be a redraw. Gord's and the Gord's Triathlon Club will be donating hundreds of dollars worth in smaller draw prizes split evenly between the 5 races. **\$600 in Gord's Gift Certificates** will be handed out to all the age group winners of all the races plus adult overall winners!



**NOTE:** The Race Director reserves the right to modify or cancel any or all prizes due to circumstances out of his control. Prize Money gift certificates will be dependent on an average 180 athletes per 5 races and will be changed as necessary thereafter by the Race Director.

- ▶ Online registration and payment will be available using Events Online. Online registration will close each Sunday at midnight before the race.
- ▶ Unless you sign up for all 5 races online at once, you must register online or on site for each race individually. Registering once does not automatically enter you in the system for the other races as it has in the past.
- ▶ **First 100 to sign up for all 5 races ONLINE** before Midnight on May 8th, 2011 will receive a water bottle, race belt and a **\$25 Gord's Gift Certificate**. 
- ▶ Increased overall and age group prize Gift Certificate \$\$.
- ▶ Race bibs are mandatory, race belts are encouraged and are avail for \$10 on site.
- ▶ **New** KOS Short distance: 200m run / 2km bike / 400m run
- ▶ **New** KOS Long distance: 400m run / 13km bike / 2km run
- ▶ New staggered Race Start times:  
**6:45pm** (1845) - KOS Short & Long Course  
**6:50pm** (1850) - Adult Long Course (*previously called Medium course*)  
**7:00pm** (1900) - Adult Short Course
- ▶ **New** KOS prizing categories: 8-9, 10-11, 12-13, 14-15
- ▶ **New** transition layout, run course direction & starting/finishing lines

## CONTINUING FROM LAST YEAR

- ▶ Electronic Chip timing bands will be used again this year
- ▶ No combining of Points will happen between the Adult Long and Short races. Each will be separate races with their own separate age group winners.
- ▶ Certificates will be provided to all 1st overall age group winners; Adult and KOS.
- ▶ Overall Adult winners will also win the prize money gift certificates in their age groups for a bigger pay day!
- ▶ You can change your Pre-registered Online choice of race distance last minute without penalty by seeing the TIMER on race day.
- ▶ Race results should now be available at the end of each race if not the next day.
- ▶ The infamous gingersnap cookies will be available again with the after race snacks.
- ▶ The 5th and final race on May 31 will close off the series with a BBQ.
- ▶ Make cheques payable to: **Gord's Tri Club**
- ▶ Registration opens at 5pm (1700hrs) and **closes at 6:00pm** (1800hrs). We encourage online registration and payment to save yourself time and the \$10 walk-up fee.
- ▶ This is a Duathlon Race Series (Run/Bike/Run), which consists of a total of 5 races in the Month of May, all conducted out of Birds Hill Provincial Park, East Side Beach, on Tuesday Nights.

## RACE DISTANCES

- ▶ Adult Short (Ages 12+) [2km Run](#), [13km Bike](#), [2km Run](#) (Relay Teams allowed)

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- ▶ Adult Long (Ages 12+) [4km run](#), [24km Bike](#), [4km Run](#) (Relay Teams allowed)

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- ▶ Kids of Steel Short (Ages 8-11) [200m Run](#), [2km Bike](#), [400m Run](#) (No relay Teams)

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- ▶ Kids of Steel Long (Age 12-15) [400m Run](#), [13km Bike](#), [2km Run](#) (No relay Teams)

\* Changes can be made on race day without penalty by seeing the Timer.

Note: Your One Day Membership Fee provides you Liability Insurance through Triathlon Manitoba, but does not in any way provide the athlete with personal accident or health insurance. Personal Insurance is your responsibility.

If you do not have an annual Triathlon Manitoba Full Membership you will need to pay an additional \$8.00 per Athlete for a One Day Membership. You can get your Triathlon Manitoba membership at: <http://www.triathlon.mb.ca/Membership.aspx> Sign up, save money, and support Triathlon in Manitoba.

## COSTS

### Adult

Basic Price: **\$15.00**

Non Tri MB members add: **\$8.00**

Non pre-registered racers add: **\$10.00**

### Kids of Steel

Basic Price: **\$8.00**

Non Tri MB members add: **\$8.00**

Non pre-registered racers add: **\$5.00**

Multi-kid family discount structure:

2 kids = save \$1

3 kids = save \$3

4 kids = save \$5

## GENERAL

### Food

Bananas, oranges, watermelon, bagels, cookies, refreshments and freezies will be available after each race, but only enough to help tell a few war stories. The 5th and final race will include a BBQ with smokies and chips in addition to snacks.

### Awards

Awards will be presented at the 5th and final race. Points, to determine winners, will be totaled after each race and will be available on the Gord's Birds Hill Duathlon in the Park website. Race Results will be available after each race and posted to the Tri MB and Gord's Birds Hill Duathlon websites.

### Points

To win, you must accumulate the highest number of points in your age category, at the same race distance. Best 4 of 5 races in one race distance only, will determine the winners. Race Director reserves the right to make final changes should a race be cancelled. Winners will be decided by points earned: 50 for First, 40 for Second, 31 for Third, 23 for Fourth, 16 for Fifth. In the event of a tie, the winner will be decided by the outcome of the last Head to Head race. The Race Director will make the final decision, if required, after that and there will be no appeals.

### Cutoff Times

Race cutoff times are enforced for the safety of our Volunteers, Race Staff and Athletes. Cut off times apply to the Adult Long Distance Duathlon only. You have **1hr 25mins** from race start to have any part of your bike across the dismount line, and **2hr 10mins** total to complete your entire race. Thereafter, no athletes will be allowed to continue onto the second run. Refunds will NOT be provided to those not making the cut off time. Failure to stop as directed could result in a penalty from the Triathlon Manitoba Officials.

## PRIZE MONEY

The overall and age group first place athletes will receive a cash gift certificate, outlined below, from our Gord's Ski and Bike. All cash Gift Certificates for athletes is dependant upon an average of 180 athletes attending all four race dates. (Race Director reserves the right to change/modify at any time.) First priority will go to the Adult Long Distance Duathletes, should we have to pair back prize money. Then the Adult Short, then the KOS. Just to give at least a ball park of where to race!

	1st in Age Group Short Male and Female	1st in Age Group Long Male and Female
▶ 8-9	\$15.00 ea	\$15.00 ea
▶ 10-11	\$15.00 ea	\$15.00 ea
▶ 12-13	\$15.00 ea	\$15.00 ea
▶ 14-15	\$15.00 ea	\$15.00 ea
▶ 16-19	\$25.00 ea	\$25.00 ea
▶ 20-29	\$25.00 ea	\$25.00 ea
▶ 30-39	\$25.00 ea	\$25.00 ea
▶ 40-49	\$25.00 ea	\$25.00 ea
▶ 50-59	\$25.00 ea	\$25.00 ea
▶ 60-69	\$25.00 ea	\$25.00 ea
▶ 70-79	\$25.00 ea	\$25.00 ea

### 1st Overall Male and Female

▶ KOS Short 1st Overall Male and Female	\$15.00 ea
▶ KOS Long 1st Overall Male and Female	\$15.00 ea
▶ Adult Overall Short Male and Female	\$50.00 ea
▶ Adult Overall Long Male and Female	\$50.00 ea

Total Prize Gift Certificates: **\$600.00**