

ABOUT THE TRIATHLON

DISTANCES

Beginner Tri Wave:

375m swim/11k bike/2.6k run

Sprint Tri Wave:

750m swim/22k bike/5k run

COURSE SUMMARY

Swim: Triangular course in Lake Erie. Fairly shallow waters.

Bike: Loop bike course on flat and paved road. No drafting.

Run: Flat dirt & gravel country roads. Water station at half-way mark.

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HOW TO FIND US

From Ambassador Bridge

Huron Church Rd south; in a few km curve left onto Hwy 3 east; after approximately 15 min. turn right (south) onto Hwy 23 (aka Arner Townline). Drive 15 minutes and then turn right (west) onto County Road 50 E.; drive 2.4km to 881 County Rd 50 E.

From Highway 401 West

Hwy 401 west; exit Hwy 77 south (aka Comber exit); take Hwy 77 south for 8.3km through Comber; follow Hwy 77 as it jogs west for 2.6km through Staples; follow Hwy 77 as it resumes south-bound towards Leamington; turn right (west) onto Hwy 20 (formerly Hwy 18); follow Hwy 20 through Kingsville; turn left (south) onto Hwy 23 (aka Arner Townline); turn right (west) onto County Road 50 E.; drive 2.4km to 881 County Road 50 E.

HIGHLIGHTS

- Family-friendly cottage setting on shores of Lake Erie.
- Champion Chip Technology by Chip Time Results.
- Home-made ribbons.
- Tons of door prizes and raffle items.
- Massage Therapy by Loaring Physiotherapy & Health Centre.
- Post-race Koolini pasta dinner & Refreshment Tent.
- Live musical guests: "Area Fifty-One" and "Better Than Nuttin".

RACE-DAY SCHEDULE

11:30am - 1:00pm
Race-Kit Pick-up for Beginner Triathlon

Noon
Volunteers Meeting

1:45pm
Beginner Participants
Pre-Race Meeting

2:00pm
Beginner Triathlon
Men's Start (375m/11k/2.6k)

2:05pm
Beginner Triathlon
Women's Start (375m/11k/2.6k)

11:30am - 2pm
Race-Kit Pick-up for
Sprint Triathlon

2:45pm
Sprint Participants
Pre-Race Meeting

3:00pm
Sprint Triathlon
Women's Start (750m/22k/5k)

3:10pm
Sprint triathlon
Men's Start (750m/22k/5k)

3:30pm - 6:00pm
Koolini Pasta Dinner

5:00pm
Awards & Post-Race Party

OUR SPONSORS



HISTORY OF THE LOARING TRIATHLON



In 1999, our family began hosting the Loaring Triathlon, bringing people together to a beautiful cottage setting, on the shores of Lake Erie, in Essex, Ontario. The race grew each year thereafter, with participants of all abilities from Ontario, Michigan, and beyond. Together we have raised over \$100,000 for Breast Cancer Research, while promoting a healthy and active lifestyle in our community.

Our mother, Elena, lost her battle with breast cancer in January, 2004. Please help us honour Elena's life, and support other brave and amazing women who continue their struggle, by being a participant, volunteer or sponsor. Proceeds will continue to support annual scholarships for graduate students from the University of Windsor, studying in the area of Breast Cancer Research.

The Provincial Government will double all donations received until the year 2011.

9th Loaring triathlon

WWW.LOARING.COM



SATURDAY JULY 17th, 2010

881 County Road 50 E., Essex, Ontario, N0R 1G0 (40 min from Windsor/Detroit)

BEGINNER TRIATHLON:
375m swim/11k bike/2.6k run

SPRINT TRIATHLON:
750m swim/22k bike/5k run

Race Directors: Charlotte & James Loaring
Website: www.loaring.com
Email: james@loaringphysio.com
Contact: James Loaring (519)562-5231

TRIATHLON • PASTA DINNER • AFTER PARTY
Musical Guests: "Area Fifty-One" & "Better Than Nuttin"