



swim • bike • run Triathlon

WHEN: MONDAY, JULY 1ST

Registration & Bike Check:
8:30-9:30am
Race Start Time:
10:00am

Sponsored by:

 **Manulife Securities**

MANULIFE SECURITIES INCORPORATED

COST: \$10/each; \$20/family of 2 or more

WHERE: AYR Motor Centre

BRING: Bathing Suit & Towel
Bike
HELMET IS MANDATORY!
Sunscreen & water bottle are
recommended and bring your family
to cheer you on!

Age Division (Swim / Bike / Run)	
5-6 years	25m / 1km / 0.5km
7-9 years	25m / 2km / 0.5km
10-11 years	50m / 4km / 1km
12-13 years	100m / 6km / 2km
14-15 years	100m / 6km / 3km

DUATHLON EVENT

**NEW this season! We are offering a
Duathlon Event - Run-Bike-Run**

Age Division	(Run / Bike / Run)
5-6 years	0.5km / 1km / 0.5km
7-9 years	0.5km / 2km / 0.5km
10-11 years	0.5km / 4km / 1km
12-13 years	1km / 6km / 2km
14-15 years	1km / 6km / 3km

Refreshments provided to all participants following the race.

For Parents:

The overriding concept of a triathlon for kids is centered on creating a healthy lifestyle both physically and mentally. Through a successful event our children will associate sport with fun and personal reward, in addition to developing healthy lifelong habits.



 **Celebrate
CANADA DAY!**



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Check Us Out On The Web: www.woodstocknbrecreation.com

