

Fathers' Day Triathlon

Fun for All Ages!

No Experience Necessary!

SUNDAY JUNE 18TH, 2017

Rainbow Road Pool



SWIM - BIKE - RUN

DETAILS!!!

Registration/Package Pickup (9:00 am)

Volunteers Meeting (9:30 am)

Athletes Meeting (10:00 am)

Adult Start (10:30 am)

Kids Start (12:00 pm)

Swimming:

Rainbow Road Indoor pool

Adult: 500m swim in 25m pool (20 lengths)

Child: 200m swim in 25m pool (8 lengths)

Bike:

Rainbow Rd, Booth Canal Rd, Lower Ganges Rd Loop

Adult: 20km on 6.8km loop (x3)

High School, Kanaka Rd, Rainbow Rd Loop

Child: 5km on 1.25km loop (x4)

Run:

High School, Kanaka Rd, Rainbow Rd Loop

Adult: 5km on 1.25km loop (x4)

Child: 1.25km on 1.25km loop (x1)

PRICE:

\$40.00 Adults, \$20.00 Kids, \$50.00 Teams, \$60 maximum for Families

For More Info: 250-537-1402