



Registration

\$60 **each** participant (\$120 per team/relay) Partners **MUST** register within 5 days of each other. Registration can be done on **ACTIVE.COM**. Sorry but no paper applications this year. Late entries (after Sept.2nd) **CANNOT** be guaranteed to receive a race shirt, register early so we can plan for you. We are expanding the field to 200 teams and we expect it to sell out again!! Entry fee includes a long sleeve shirt, canoe rental, prizes, and food. **Cancellations:** Entry fee is refundable if notification is received by September 2, 2012.

*If racing as a **TEAM** both partners will participate in all 3 events; canoe-bike-run, and the times will be combined for awards. If racing as a **Relay** both partners will canoe, one partner will bike and the other partner will run when the biker finishes or one person can bike and run. 1) Decide if you are doing it as a **Team** or **Relay** 2) Both male, both female or coed and 3) add both of your ages and you will either be in under 80 or 80+ divisions.*

5k Canoe

The canoe trek on the Saginaw River starting at Veterans Park boat launch Bay City MI. **Two person canoes will be provided as part of your race entry fee.** **NO PERSONAL CANOES WILL BE ALLOWED.** Personally owned single blade paddles will be permitted (NO DOUBLE BLADE PADDLES). Life jackets will be available and **MUST** be worn during the entire canoe trip (feel free to use your own). Please have your race numbers on. The paddle will take a minimum of 35 minutes (south up river for apx. 1mile, U-turn north to Liberty bridge apx 1.5 miles, U-turn back to boat launch (**keeping the buoys on your left**)). Plan on wearing shoes that could get wet. Canoes will be started in waves and leave about 10 minutes apart. The participant in the back of the canoe will hold a rope strung across the boat launch until the wave is started.

15k Bike

Bike route to be determined. If we get our way you will not be disappointed.

5k Run

What can we say; it will be a very scenic run. The run course will be on the Riverwalk from Veterans Park, an out and back along the Saginaw River, the turnaround will be just before the Bay City Rowing Club building finishing at the Veterans Park pavilion.

Transition Area Veterans Park

This is where all the magic happens. Bikes will be hung on racks designated by your race number and you will need to place your gear under your bike or your partner's bike if doing a relay. For the bike start you MUST wear a helmet and have your number visible. **You MUST walk your bike in the transition area and absolutely no head phones!** Runners for relays will be tagged by race partner from designated relay corral. **ONLY racers with a race number will be permitted to enter the transition area for safety reasons, no exceptions and please abide by this rule.**

Packet Pick-Up

Packet pick-up will be on Saturday, September 15th at Sweet Boutique located at 816 Washington Ave 989 895-5000 from 11:00 a.m. to 5:00 p.m. and Sunday, September 16th at Veterans Park pavilion beginning at 7:00 a.m. If your partner cancels a substitute may be recruited. Please notify the race director, John Shankool @989-280-2242 ASAP and submit the application and waiver by e-mailing to john@shankool.com.

Awards

Teams and relays will be scored separately. The all male, all female and co-ed categories under 80 and 80+ will be awarded a first-third place trophies in each category. There will be a drawing for a road bike! One lucky participant will go home with a brand new bike!! All participants will be given an event medal. Awards for team costumes; interested teams dress as crazy, creative and different as possible...make sure you can compete AND finish in them...safely. There will be giveaways for variety of categories such as oldest, youngest, coolest team name and furthest traveled so stick around after the race!

Bad Weather Policy

In the event of inclement weather, dangerous water conditions, or situations beyond our control the course may be modified, delayed or canceled. If modified than the event would be a duathlon consisting of a run-bike-run.

Directions, Parking and Course Maps

Veterans Park Bay City MI is located next to Veterans Bridge M25 on the northwest side off of John F Kennedy Dr. Parking is available near the softball fields south of the park. Maps of the routes will be on our website and at the event. Please do not park on John F Kennedy Dr. Keep it clear for the bike portion of the event.

Miscellaneous

Pre-race goodies: coffee, donuts, muffins and bagels. Post-race goodies: pizza, fruit, cookies, energy drinks and water. Water will be available at the end of the canoe and at the turnaround for the run. The DJ, the massage therapist, the bike guy and more will be at the event.

Sponsorship opportunities

Are you interested in being a sponsor in this exciting event? Visit our website for all the info. You can also contact Ken Piotrowski at kpiotrowski@mdn.net or John Shankool at john@shankool.com.

Volunteers

Would you like to volunteer or know someone that would? Send me an email with your name, contact number and what you would like to help out with. We have plenty to do.

FAQ

1. Do both partners need to register?

YES, both partners must register on active.com.

2. I do NOT have a partner can you provide me with one?

Maybe, send us an email and if there are other participants looking we will try to match you up but no guarantees.

3. Can I do both the bike and run and my partner only canoe with me?

YES, sign up as a relay. Both participants must register on active.com and pay the full entry fee.

4. Can I race solo?

NO, this is a team/relay event.

5. Will there be registration on race day?

No

6. If my race partner is a no show on race day, may I still race?

Yes, you may compete in the relay division and recruit a volunteer for the canoe portion. You would complete both the bike and run.