

# 36th ANNUAL FRANK DUNN TOYOTA TRIATHLON

July 31st, 2017

Just a few notes to help make your weekend go a little smoother.

## PACKAGE PICKUP

There will only be package pickup at the the National Park. It will be at the Community hall at Waskesiu lake. It will be from 11:00 to 5:30 on Saturday, August 6th. Then in the morning of the race from 6:45 to 7:15!!!

If you do not have a STAC membership or a equal Provincial membership, be prepared to buy a One day membership from a STAC representative at Package pickup. All participants need to have a membership or one day insurance. Team participants are able to purchase a one day membership. A STAC membership helps with our funding, more members more funding!!

## CARBO SUPPER

There will be a carbo Supper on Saturday, at the Community hall, ALL INDIVIDUAL ENTRANTS WILL BE GIVEN A FREE MEAL TICKET, tickets can be purchased at the package pickup for \$20.00for adults, and \$10.00 for children 12 and under. This is a pasta meal with homemade sauces, salad!! We have room for 150 , first come first serve. This is a fantastic meal, if you haven't attended before you are missing out. Supper from 6:00 to 7:45!!

## KIDS RACE ON SATURDAY AT 2;00

We will hold a SWIM / RUN for kids Saturday afternoon, register at 1:00 and will start at 2;00. This will be a free race, just need a STAC or a one day membership. One day for kids is \$10.00

<b>Age Groups</b>	<b>Swim</b>	<b>Run</b>
<b>6 to 8 male/female</b>	<b>50 m</b>	<b>500m</b>
<b>9 to 10 male /female</b>	<b>100 m</b>	<b>1000m</b>
<b>11 to 12 male /female</b>	<b>200 m</b>	<b>2000m</b>

Bring the kids out and cheer them on!! If lake is to rough to swim we will have a run for the kids!!

## RACE MORNING

There will be no **PARKING** at the **COMMUNITY HALL** parking lot, please park at the Main Beach Parking Lot and walk to Transition Area.

Body marking and late package pickup will be in the Community Hall starting at 6:45 on Sunday morning. Your timing chip is in your package, please do not lose it.

There will be a PANCAKE breakfast for all spectators on Sunday morning, this is sponsored by Waskesiu Chamber of Commerce. Starts after the swim!!

## **VOLUNTEERS**

All interested Volunteers please report to the Community Hall Saturday (12 to 5) or Sunday morning (7 am) for assignment, see Roy Fremont. We need you!! Shirt, free lunch and a amazing grand prize for one lucky volunteer!!

## **THE RACE STARTS AT 8:00 SUNDAY MORNING**

Mark Nagy