

2015 Crystal Lake Cottagers' Association (CLCA) Triathlon

Sunday August 23, 2015 White's Beach

What are the distances for the Sprint and the Tri a Tri?

Sprint: 750 swim, 20 km cycle, 5 km run

Tri a Tri: 375 swim, 10 km cycle, 2.5 km run

What distance can you do as a relay?

The Sprint event and new for 2015, the Tri a Tri for age 12 & under

How many people do we need to enter the relay?

3 people, one for each leg of the event. Each person will need to sign a waiver.

How much does the relay cost?

The Relay costs \$63 (\$21 per person) for both the Sprint Relay and the Tri a Tri Relay (12 & under) event

How much does the Individual Sprint and Tri a Tri cost?

The Registration fee for Sprint and Tri a Tri is \$25

I see the Tri a Tri relay is restricted to those age 12 and under, what if I want to participate with my child?

We would suggest that you sign up for the individual Tri a Tri and you will then be able to support your child through their event.

The price for the relay has increased this year vs last year, why is that?

Based on last year's feedback, relay participants expressed a desire to have their own 'goodie bag', in order to accommodate this, we had to increase the registration fee.

How do I register?

Click on the Triathlon Flyer on the Home page of the CLCA website and then select Register and follow steps and links to complete the form, waiver and Paypal/Credit Card payment. If you have any questions please email crystallaketri@gmail.com
http://www.crystallakecottagers.ca/CLCA_Triathlon_2015.htm

Will I get a confirmation when I sign up on the website?

Yes, you will receive an e-mail confirming you submitted a registration. You will need to submit payment using Paypal/Credit Card payment to complete registration.

Will there be a baggage check for personal items?

No there will not be a baggage check area. This is a small local event, and we aren't liable for loss or theft. We suggest you limit your risk by leaving your valuables at home or asking family/friend to hold your personal belongings.

Will there be a restroom facility at the event site?

Yes, we are renting a Porta Potty for the event and it will be located on site.

Will there be water available during the event?

We encourage you to bring water for your cycle leg. There will be a couple of water stations for the run leg of the event.

Will there be food available at the event:

There will be food available to purchase, breakfast sandwich, juice, coffee, water and snacks.

Can I sign-up and pay on the day of the event?

We will be limiting the number of participants, so we encourage people to sign up in advance so they aren't disappointed. We need to plan in advance for the number of participant kits, volunteers, food etc, so participant count prior to the event is important.

I am not a strong swimmer, can I still participate?

We suggest you judge your skill level and sign up for the appropriate event. The swim course is in deep water, and we have buoys to mark the course, kayaks and boat spotters in the water to assist. However, it's important you know your swimming capability. Weak or non-swimmers are encouraged to participate as a member of a relay and do one of the land based legs. Please refer to waiver

I would like to volunteer to help with this event – who do I contact?

Zina Bolak is leading the volunteer team and can be reached at crystallaketri@gmail.com

Are there prizes for this event?

We are trying to keep the entry cost for the event as low as possible for participants. We have several generous sponsors which allow us to have a gift bag including a CLCA 'logo item', and other prizes.

Where is White's Beach?

Formerly known as Sandy Beach, White's Beach is on the North Shore of Crystal Lake, near the intersection of Eastview Drive and Clearview Drive.

Is there lots of parking? Can I bring my boat?

There will be limited parking at White's Beach, as we will be using the space for transition, sign-in, food and water stations. There is parking on the road and some neighbouring driveways.

In order to keep the beach area clear and safe for the start of the races, we will not be allowing outboard parking on the beach.

We are encouraging people to come on their bikes, carpool, get dropped off by 8 am or bring canoes/kayaks.

Who do I contact if I have further questions?

Please send all your inquiries to: crystallaketri@gmail.com and we will respond to you in a timely manner.