

**ONTARIOPOWER**  
GENERATION

# 13<sup>th</sup> ANNUAL Conquer the DOG



**\* Paddle \* Pedal \* Pound \***  
**Saturday, August 20, 2011**

Hosted by the  
Kaministiquia Community Centre  
HWY 102 (Dawson Road) 30 km west of Thunder Bay  
(see details inside for event location and description)

**Kids Mini Triathlon 9:30 a.m.**

**Adults Triathlon 11:00 a.m.**

An event for the Armchair Athlete through to the Serious Competitor

**For more information please contact:  
Judi Vinni at 933-4147 or check out the website at  
[conquerthedog.ca](http://conquerthedog.ca)**

Load up the family, bikes and boats and come the the **13th Annual Conquer the Dog Triathlon and Relay Race!** This fun event will provide adults with a 5 km canoe/kayak paddle on the Dog River, 18 km cycle along the river and a 5 km run on scenic country back roads. After the race, we all head to the Kaministiquia Community Centre for presentations and awards. The Children's event is a shorter version of the paddle, bike and run (see description below). *(Roads are gravel, so choose your bike wisely)*

All boats and bikes must be brought straight to the event site by participants (and/or parents). The race is located on the Dog River, 5 km down Silver Falls Rd, turn left on to Peuramaki Bridge Loop Rd. (see map for details, watch for signs). The Paddle, Bike and Run will all begin and end at the same location. **All awards and presentations will be held at the Kaministiquia Community Centre location on HWY 102 at approx. 1:00 p.m.** (after all events).

**Food and refreshments can be purchased at the Community Centre after the race.**

**NEW! "Out & Back" route for all kids - No bike drop!**

## **Kids Event Description**

<b>Pup Sprint Age 5-7</b>	<b>Tail Wagger Age 8-11</b>	<b>Dog Bite Challenge Age 12-15</b>
<p>2 kids share a canoe with 1 adult (an adult <i>must</i> be present for supervision, balance and steering if necessary)</p> <p>The kids will paddle 400 metres, bike 500 m and run 500 m.</p> <p>All children will have their own individual finishing time.</p>	<p>2 kids share a canoe or individuals solo kayak (an adult <i>may</i> be present in the canoe, or paddle along side of a kayak)</p> <p>The kids will paddle 400m, bike 2 km and run 1 km.</p> <p>All children will have their own individual finishing time</p>	<p>2 kids share a canoe or individuals solo kayak (no adult is required for this event)</p> <p>The kids will paddle 800m, bike 3.5km and run 2 km.</p> <p>All children will have their own individual finishing time</p>

### **Race Day Instructions - Kids Event**

*\*\*\*Please read carefully\*\*\**

The kids event will start at **9:30 a.m. sharp** at the race location.

It takes approximately 35 minutes to drive to the event site from County Fair Plaza. Plan to arrive 1 hour prior to race time (8:30 a.m.). You will need this time to unload your canoe/kayak and bike, and to ensure all your equipment and accessories (i.e. life jacket, paddle) have been labeled with your designated number from your race kit. (see race kit pick-up on page 3)

All children who participate will receive an event **Shirt, Amulet and Doggie Bag!**

During the time between the finish of the kids event and the presentations after the adult event, there will be on-site childcare available. Please indicate on your registration form if you require child care.

**Early Bird Draw! - All participants who register by August 8th will have their name entered into an early bird draw.**

# Adult Event Description

Participants Ages 16-100 years

Paddle downstream on the Dog River for 2.5 km, turn and paddle back upstream for a total of 5 km, mount your bike and cycle down the loop road, turn right on Silver Falls Rd., turn right and cross the bailey bridge, turn right on to Forbes River Rd. Travel down to the old Peuramaki Bridge location. Turn around and retrace your route back to the transition site (approx. 18 km). Run around the Peuramaki Bridge Loop, plus a little more, then back to the finish line for a total of 5 km. (Roads are gravel, so choose your bike wisely)

Solo Triathlon	Pair Triathlon	Pair Relay	Team Relay
Each participant completes all activities alone. You may compete in a canoe or kayak.	Two people paddle in the canoe/kayak. Then each person continues on to complete the bike and run.	Two people paddle in the canoe/kayak. Then one person bikes, and then the other person runs.	<b>Team of 3</b> One person will canoe/kayak One person will bike One person will run <b>Team of 4</b> Two people will canoe/kayak One person will bike One person will run
You will have your own individual time.	You will each have your own individual times.	You will have a combined time.	You will have a combined time.

**\*\*\* If kayak paddles are used, you will be classified as a kayak\*\*\***

## Race Day Instructions - Adult Event

*\*\*\*Please read carefully\*\*\**

The adult event will **start at 11:00 a.m. sharp at the race location.**

It takes approximately 35 minutes to drive to the event site from County Fair Plaza. Plan to arrive 1 hour prior to race time (10:00 a.m.). You will need this time to unload your canoe/kayak and bike, and to ensure all your equipment and accessories (i.e. life jacket, paddle) have been labeled with your designated number from your race kit. (see race kit pick-up below)

Every adult who participates will receive a **Shirt and Amulet**  
Awards will be presented to the **top three finishers** in each class.

## Race Kit Pick-Up

Petries Cycle and Sports on Archibald St. - Wednesday August 17, from 10 a.m. to 8 p.m.  
Kaministiquia Community Centre - Thursday August 18, from 6 p.m. to 8 p.m.

Entry Deadline is Thursday, August 18, at 8 p.m. at the Kaministiquia Community Centre.  
Early Registration is encouraged so that accurate numbers of t-shirts can be ordered.

**Early Bird Draw! - All participants who register by August 8th will have their name entered into an early bird draw.**

## Registration Form

**Kids Events** \$10/child or \$55/family (2 adults and up to 3 children under 16)

Pup Sprint	Tail Wagger	Dog Bite Challenge
400m paddle, 500m bike, 500m run 2 kids plus 1 adult <b>Age 5-7</b>	400m paddle, 2 km bike, 1 km run 2 kids in canoe or solo kayak <b>Age 8-11</b>	800m paddle, 3.5km bike, 2 km run 2 kids in canoe or solo kayak <b>Age 12-15</b>
Child's Name & Age _____	Child's Name & Age _____	Child's Name & Age _____
Child's Name & Age _____	Child's Name & Age _____	Child's Name & Age _____
Adult Name _____		

**Adult Events** \$25/participant or family rate of \$50/family (2 adults and up to 3 children)

Please indicate boat type:  Canoe or  Kayak

Solo Triathlon	Pair Triathlon	Pair Relay	Team Relay
Participant does all activities alone	2 participants will do all activities but share a boat	2 participants split up activities	A team of 3 has 1 boater A team of 4 has 2 boaters
<b>Women</b>	Name/ Age _____	Name/ Age _____	Name/ Age _____
Name _____ Age _____	<input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> M <input type="checkbox"/> F	Name/ Age _____
<b>Men</b>	Name/ Age _____	Name/ Age _____	Name/Age _____
Name _____ Age _____	<input type="checkbox"/> M <input type="checkbox"/> F	<input type="checkbox"/> M <input type="checkbox"/> F	Name/Age _____
		<b>2 Men   2 Women   Mixed</b> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Name/Age _____

Included in the registration is a \$1.00 Kam Community Centre Event Membership. If you would like to purchase a full membership for the Kam Community Centre, which allows you full membership benefits, including reduced rental rates, please add \$5.00 to your registration fee.

Full membership Included  Please check box if yes.

### Registration Instructions:

Drop off signed form with payment to Petrie's Cycle and Sports, 125 Archibald St N. or mail form with cheque/money order payable to **Kaministiquia Community Centre/Conquer the Dog** to: P.O. Box 353, RR # 1 Kaministiquia, Ontario, P0T 1X0

**Early Bird Draw! - All participants who register by August 8th will have their name entered into an early bird draw.**

Do you require **Childcare** at the event  No     Yes - if yes # of children \_\_\_\_\_ Age(s) \_\_\_\_\_

Signatures of Parent/Guardian and/or Team Members \_\_\_\_\_ Date: \_\_\_\_\_

Contact Mailing Address \_\_\_\_\_ Email \_\_\_\_\_

**Charitable Donation:** *If you would like to make a donation to the Kaministiquia Community Centre, please indicate amount. Charitable receipts will be provided for amounts over \$10.00. Thank you.*

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Donation Amount \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Donation Amount \_\_\_\_\_

**Checklist and Helpful Tips on Race Day**  
The night before you may want to pack the following:

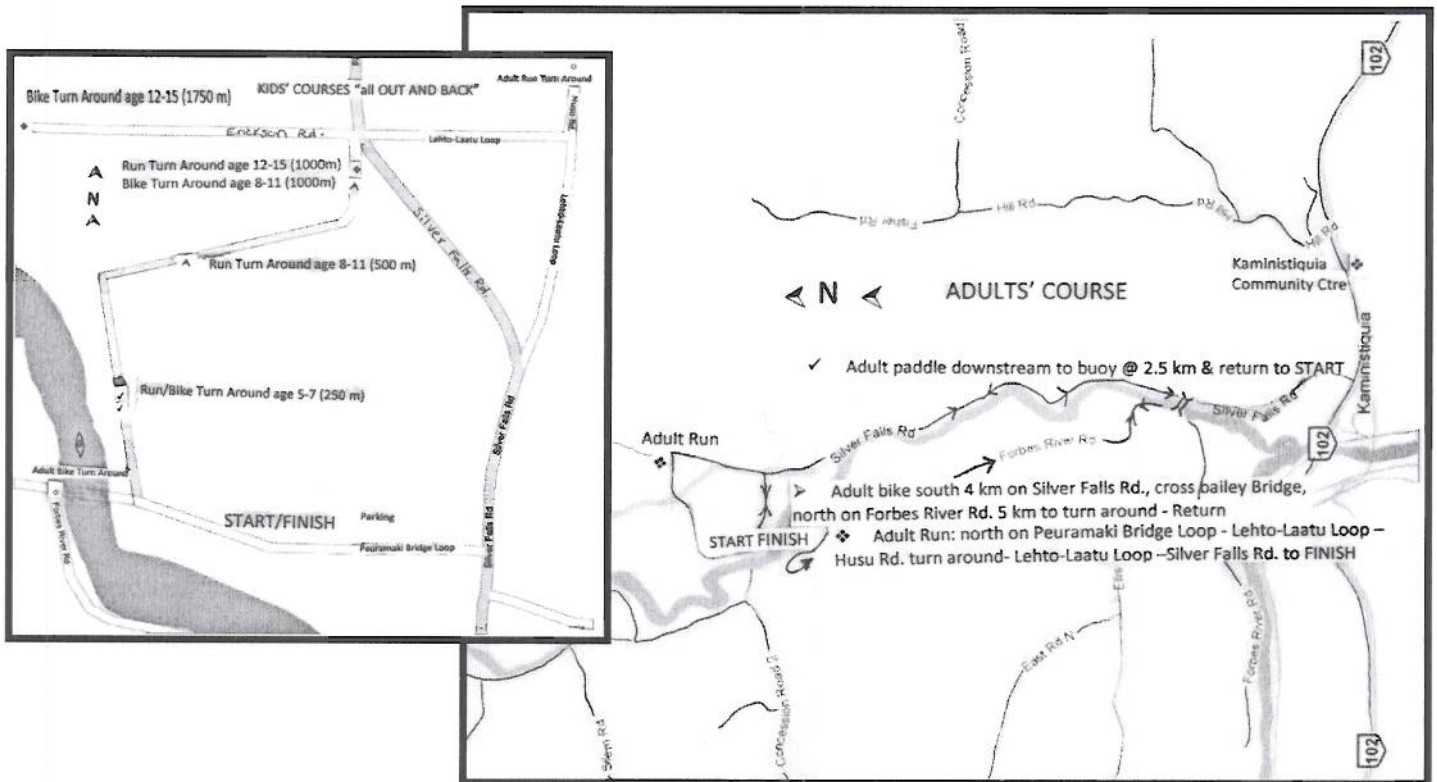
- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Race kit bag w/ numbers | <input type="checkbox"/> Personal Flotation Device (Mandatory) | <input type="checkbox"/> Bailer for Boat   |
| <input type="checkbox"/> Canoe/Kayak             | <input type="checkbox"/> Rope/Painter for boat                 | <input type="checkbox"/> Change of Clothes |
| <input type="checkbox"/> Paddles                 | <input type="checkbox"/> Shirt covering shoulders              | <input type="checkbox"/> Sunglasses        |
| <input type="checkbox"/> Sunscreen               | <input type="checkbox"/> Bike Helmet (CSA Approved Mandatory)  | <input type="checkbox"/> Bike              |
| <input type="checkbox"/> Camera                  | <input type="checkbox"/> Bike Shoes                            | <input type="checkbox"/> Running Shoes     |
| <input type="checkbox"/> Water Bottle            | <input type="checkbox"/> Rain Gear                             | <input type="checkbox"/> Hat               |

Drink a lot of water during the early morning of the event. Drink stations are located along the route and finish area. Refreshments and fruit will be supplied at the finish line for participants. Portable toilets will be available at the event site. First Aid services are available throughout the race.

**A Word on Cancellation**

We encourage you to enter this fun event with your family and team as soon as possible to ensure your spot and a race shirt. If the event is cancelled, your fee will be refunded.

The event coordinator and Organizing committee will omit the paddle portion of the event if thunder or lightning or inclement weather makes water activity unsafe. The triathlon will continue with the bike and run portion. The start time may be delayed. Instructions will be given about any changes on race day.



**Registration Forms**

If the registration form is missing from this Information packet - one can be downloaded at [www.conquerthedog.ca](http://www.conquerthedog.ca) or picked up at Petrie's Cycle and Sports on Archibald St. in Thunder Bay.