

Hey all Eager Beavers!

It's almost here- The Annual Beaver Crawl Triathlon is just around the corner! Before we can get you all out and racing there's a few things you need to know. You will find a map of how the race is laid out, a list of things you will need to bring and other bits of information you may find useful.

If you have any last minute questions please don't hesitate to email us at:

- thebeavercrawl@gmail.com or
- call 519-599-3345, (this is also the number you can call for **payment options.**)

Can't wait to see you out there!

What to bring on Race Day

- Hat
- Bug spray
- Sunscreen & Sunglasses
- Running shoes and gear
- Bike
- Canoe/Kayak
- Paddles
- Helmets (mandatory for bikers)
- Water
- Registration money if you haven't paid
- Clothes for all weather conditions
- Signed waiver (by parents/guardians if -18)
- Your "A" Game

Payment Options

For paying the team/solo fees for this event, you can bring cash to the registration table on the day of the event or a cheque made out to Georgian Bay Youth Roots. Another option is to go to Riverside Graphics, 158 Clark Street in Clarksburg where you can pay Cash, Debit, Visa or by Cheque (once again made out to Georgian Bay Youth Roots).

Parking and Start

Participants can park at registration/starting line located at the Ravenna Hall. Registration starts at 7:30am and the race begins at 8:00am. Please be there with plenty of time to be ready.

Age Restrictions and Waivers

Anyone who is 12 and under must be accompanied by a parent/guardian for the event (you will participate together). If you are 13-18 you can participate without having a parent/guardian on your team, but will need to have a parent/guardian sign the waiver for you. If you are 18+ you are able to sign your own waiver and participate on a team or as a solo member! If you are under 18 please bring a signed waiver to the day of the event or you will not be able to participate!!! You can download it in PDF (Adobe) at www.beavercrawl.ca



Last Minute Registration and Payment

We are accepting last minute payments the morning of the race. Please don't forget! We do have your emails and we will harass you if you do not pay us.

Biking

Bikers-please remember to bike on the right hand side of the road and respect the residents and our environment, NO LITTERING. Helmets are mandatory. You will not be allowed to participate if you aren't wearing one.

Paddling

Paddlers can be dropped off or park at Heathcote Park. When on the river please note that you must be wearing lifejackets. Again, no one will be allowed on the river unless they are wearing a lifejacket. When you reach Slabtown, **THE PULLOUT IS BEFORE THE DAM.** Please, please, PLEASE do not go over the dam.

Look for the pull out on the left side of the river. Pull your canoe/ kayak out of the river and portage across the bridge to the parking lot and tag your runner. Yes, the portage is part of the race- we like to keep you on your toes.

If you need to rent a canoe or kayak please contact:

Free Spirit Tours, 236720 Grey Road 13, Heathcote, NOH 1N0 519-599-2268
www.freespiritstours.com or

Gyles Sails and Marine, 4 King St W., Thornbury, NOH 2P0 519-599-7050
www.gylessails.com

Running

Runners will have limited parking at Slabtown so, if there is a way to organize a car-pool with your team that would be ideal. Police have requested the runners stay to the right hand side of the road until the finish line in Clarksburg.

Awards

After the race we won't be finished with you yet! There will be an awards ceremony at 10:30AM, in Clarksburg at the Lion's Park, where we will distribute our wonderful prizes! The categories are: Fastest Duo, Trio and Team, Fastest Solo Female, Fastest Solo Male, Most spirited/Best Costume, and Youngest Participant. Please come down and enjoy all the activities that will be happening after the event in Downtown Clarksburg and Thornbury.

WE CAN'T WAIT TO SEE ALL OF YOU THERE!