

25th Annual **CANTON**
BI-TRI
CLASSIC

August 11, 2018

8:00am

Lakeland Park
1200 W. Lakeland Park Drive
Canton, IL

& Inaugural 5k Run

Registration:

- Pre-register:
 - Online: signmeup.com/124928
 - Download PDF & Mail: cantonpark.org or cantonfamilyymca.org
- Race day registration: 6:30am— 7:30am

Packet Pick Up for Pre-registers:

- 08/10/2018, 5:30-7:00pm at Nagle Pavilion at Lakeland Park
- 08/11/2018 (Race Day), 6:30-7:45am

The Course:

Open water swimming takes place in Strode Lake from a temporary sand beach. All running and youth biking events are held on paved roads within the park. The adult bike route exits the park and follows paved, rolling country roads. A common, controlled transition area is used by all. The 5K Run is a 3.1 mile run out of the park along the new community trail, hairpin turn on the trail and come back to the finish line.

- Triathlon: 500 Yard Swim, 12 Mile Bike, 3 Mile Run
- Duathlon: 3 Mile Run, 12 Mile Bike, 3 Mile Run
- Youth Tri: 200 Yard Swim, 4.5 Mile Bike, 1 Mile Run
- 5K Run: 3.1 Mile Run

Timing and Results:

- Timing Chips will be issued the morning of the race. **NO CHIP, NO TIME!**
- Please return your chips at the end of the race or you will be charged \$30

General Information:

- stayfit2016@gmail.com
- 309-647-1616

All proceeds will benefit the Canton YMCA Barracuda Swim Team

Canton YMCA
Barracuda
Swim Team



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