

Announcing the 30TH Annual

PADDLE - PANT - PEDAL

CANOE 4 MILES

RUN 5 MILES

BIKE 23 MILES



Triathlon

Saturday, October 31, 2009

Long Beach, Mississippi

Wolf River Canoes 8:00 A.M.



General Information

Many different classes, including relay teams, doubles, and solo classes, Anyone can race. Fun for all. \$30.00 per team, \$15.00 solo (by mail postmarked by October 26, 2009). \$35.00 per team, \$20.00 solo on race day. Canoe rental is additional.

Rules

Any canoe, kayak pirogue, surf ski, or other human powered boat is allowed – no restrictions. Just human muscle-powered by paddling! Run, complete the course without outside aid. Bike helmets are required, drafting will not be allowed. No outside help allowed and you must finish the course on the bike you started on. Any protest must be filed within 30 minutes of finishing, in writing, to Bob Clark.

PPP GYM SHORTS TO ALL ENTRANTS

Post Race

There will be a social after the race where the workers and participants will gather for drinks (beer and soft drinks), sandwiches, shrimp, and other goodies.

For additional entry forms and results:
www.gulfcoastrunningclub.org

Awards

- TEAMS:** *1-4 Overall, 1-2 Female, 1-3 Mixed, 1-2 Clydesdale (over 400 lbs.), 1-2 seniors (age 100 & over)
SOLO: **1-10 Solo, 1-3 Masters, 1-3 Female
RELAY: ***1-4 Relay teams (2 man) 1-2 Relay teams (3 man)
 * Team and individual awards may be adjusted on race day.
 ** Double-bladed paddles allowed for solo only.
 *** Relay Teams must canoe together. 1 runs - 1 bikes.
 2 Man Relay Teams must canoe together. 1 runs - 1 bikes
 3 Man Relay Teams may use a solo kayak.

Place

Wolf River Canoes, Long Beach, MS, 21652 Tucker Rd. (Take Exit 28 off I-10 and go south. Cross the railroad tracks, bear right on Red Creek Road until you come to the Wolf River Canoe sign – that's Tucker – turn on Tucker Road. Follow it until it ends. Map on back. You can reserve a canoe on race day by calling Joe Feil at (228) 452-7666 or fax/voice 452-3784. \$15 - 2 man canoe, \$15 - 1 man kayak, or bring your own. (Rental fee is in addition to entry fee.)

Order of Start

This will be our 30th annual PPP Triathlon. No excuses about not being able to rent a canoe. We have them on site this year. Make sure you reserve it early.

1st & 2nd Wave **3rd Wave** **4th Wave**
Solo **Teams** **Relays**

(Solo order is determined by your registration date.)

FOR MORE INFORMATION CALL

Bob Clark, 228-832-1204 • Leonard Vergunst, 228-380-7037

2009 PADDLE - PANT - PEDAL TRIATHLON ENTRY FORM

Make checks payable to: Gulf Coast Running Club, P.O. Drawer 3569, Gulfport, MS 39505
 (Checks are non-refundable)



Gulf Coast Running Club

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|---------------|--|--|--|--|--|--|--|--|--|------------|--|---------------|--|------------------|--|------|--|--------|--|-----------------|--|
| Last Name | | | | | | | | | | First Name | | | | | | | | | | M.I. | |
| Address | | | | | | | | | | | | | | | | | | | | | |
| City | | | | | | | | | | State | | U.S. Zip Code | | | | Male | | Female | | Age on Race Day | |
| Date of Birth | | | | | | | | | | Day Phone | | | | Adult Shirt Size | | | | | | | |
| | | | | | | | | | | | | | | S M L XL | | | | | | | |

Your Partner's Name(s) _____ (Two registration forms required per team.)

CHECK APPROPRIATE LINE

Open Division Team _____, Female Team _____, Mixed Team _____, Senior Team _____, Clydesdale Team _____,
 Solo Male _____, Solo Female _____, Solo Masters _____, 2 Man Relay _____, 3 Man Relay _____

I agree to abide by the rules of the race. I also agree not to hold the Gulf Coast Running Club, Wolf River Canoes, Cyclist Choice, nor any volunteer responsible for any injury or death that might occur.

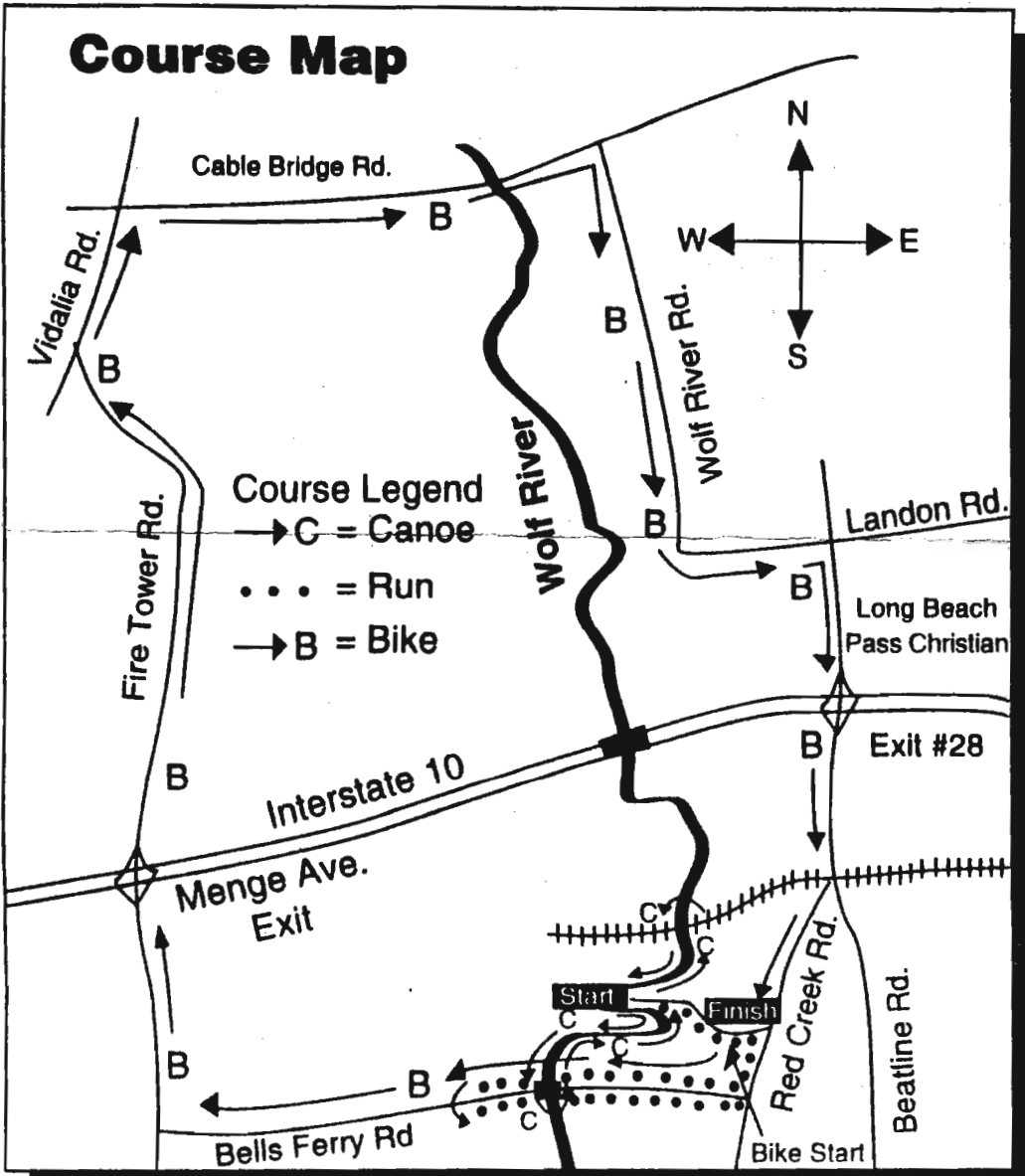
G.C.R.C. MEMBER:

YES NO

SIGNATURE (Parent or Guardian if under 18)

DATE

Course Map



The new canoe course is up to the train bridge (u turn), to Bells Ferry Bridge (u turn), then back to the start. The run will start from the bank when you get out of your canoe and go to Tucker Road and right on Red Creek Road to the turn around and back to the corner of Tucker and Red Creek where you will get on your bike and go south to Bells Ferry, take a right and go to Menge Avenue. Take a right on Menge and follow it north. When you cross I-10 it becomes Fire Tower Road. Keep going north until you get to Wayne's Grocery. Take a right - that's Cable Bridge Road. Follow Cable Bridge to River Road. Turn right and go south to Landon and Beatline. Turn right on Beatline heading south until you go under the interstate. Watch for the railroad tracks. After the tracks take a right on Red Creek Road to where you started the bike ride. This will be the finish.

Course Location

