

Beaton Sponsors

Gold Sponsors



Silver Sponsors



Jennica Springs

Sudbury
Fine Cars

Bronze

- Laurentain University
- The Running Room
- Steel Communications

The Beaton Registration

The Beaton Solo

(Please Print)

Name Sex: M ☐ F ☐
 Address Postal Code
 City/Town Birth Date d___/m___/y___
 Entry Fee: \$30/person Late Entry Fee: \$35/person

The Beaton Pairs, Fours and Corporate Fours

(Please Print)

Team Name:
 Category:
 Male Female Coed
 Address Telephone
 City/Town Postal Code
 Swimmer's Name
 Birth Date d___/m___/y___ Sex M ☐ F ☐
 Cyclist's Name
 Birth Date d___/m___/y___ Sex M ☐ F ☐
 Paddler's Name
 Birth Date d___/m___/y___ Sex M ☐ F ☐
 Runner's Name
 Birth Date d___/m___/y___ Sex M ☐ F ☐

Entry Fee: \$50/pairs • \$100/fours
 Late Entry Fee: \$60/pairs • \$120/fours

The Triathlon

(Please Print)

Name:
 Address:
 City/Town Postal Code
 Telephone Birth Date d___/m___/y___
 Sex M ☐ F ☐
 Team Entries Attach Names & Addresses
 Entry Fee: \$10/person Late Entry Fee: \$15/person

Note: Limited number of T-shirts. Please register early.

Send Registration To: Sudbury Fitness Challenge
 P.O. Box Stn 'B', Sudbury, ON P3E 4N3



Presented By:

sudbury fitness challenge



The Beaton Classic

1. Early Entry deadline is August 3, 2005 and late entry deadline is August 6, 2005.
2. All participants must register on Saturday, August 6, 2005 between 3:00 p.m. and 7:00 p.m. at the Laurentian University Athletic Stadium.
3. If your registration form is not completed correctly, fully and/or legibly, the Sudbury Fitness Challenge is not responsible for errors or omissions in results or mailings. Registration forms can be dropped off at the Outside Store or Leisure Services Department at Tom Davies Square or mailed to Sudbury Fitness Challenge, P.O. Box 4 Stn 'B' Sudbury ON P3E 4N3
4. Participants must be in proper physical condition to participate in this event and have been medically certified to participate. Solo participants and team representatives must sign a waiver. A Parent/Guardian must sign the waiver if participant is under 18 years of age.
5. All canoes must be registered at the Laurentian University Athletic Stadium on Saturday, August 6, 2005.
6. Each participant is responsible for knowing all the rules and courses for the event.
7. Each participant is responsible for ensuring that their registration number is displayed in the correct designated spot at all times.
8. Participants must be present to win draw prizes and receive awards.
9. A map of the Beaton Classic course will be posted at the Laurentian University Athletic Stadium.
10. For information email dean.waddell@hotmail.com or call Dean at 674-1327 or visit www.sudburyfitnesschallenge.ca



The Beaton Classic

The "Beaton" is an annual endurance event which is held in Sudbury, Canada, at the Laurentian University Athletic Stadium. The Beaton Classic 2005 takes place August 7, 2005 beginning at 8:00 a.m. There are four separate endurance events, performed consecutively, each beginning and ending in the stadium:

The Swim - 1.5 km open water swim and 1 km run

Swimmers must wear the bathing cap provided, during the entire swim. Wetsuits are not permitted during the swim.

The Cycle - 30 km cycle

Each participant or team officially begins the cycle when crossing the finish line of the swim. The cyclist may not receive any mechanical assistance (unless from a race official) or draft another rider or group of riders during the event. The cyclist must use the same bike over the entire course; make all bicycle repairs unaided; wear a hard shell cycling helmet; and ride, push, run with, or carry their bike over the entire course.

The Paddle - 4 km solo paddle and 1 km run

Each participant or team officially begins the paddle when crossing the finish line of the cycle. Canoes must be registered the day before the event and will remain on-site overnight on Saturday, August 9th. Security will be provided. Only all-purpose or recreational canoes allowed. The canoe is to be a maximum of at least 32 inches at a point 4" above the bottom, exclusive of the keel. A single blade paddle and an approved life preserver is required. Canoe takes place on Lake Nepahwin.

The Run - 12 km cross country run

Each participant or team officially begins the run when crossing the finish line of the paddle. The runner must complete the run unaided.

Entries

Participants may choose to compete alone in THE BEATON SOLO, or with a team in THE BEATON PAIRS, THE BEATON FOURS, or THE CORPORATE FOURS, all of which compete on the same course. The course is unique to Sudbury and Northern Ontario, providing a rigorous challenge to all. A complete rule booklet is available at registration.

Please Note: Each participant on a Beaton team must be 14 years of age or older on event day. The Beaton Pairs and The Beaton Fours

The Beaton Solo

The Beaton Solo is an endurance event for the physically fit and healthy participant. Completion of the event will take 3 to 4 hours. Only the really fit and ambitious person should enter. Participants must be 16 years of age or older on event day. Nickels will be awarded to the top three male and female finishers:

1st place	2,000 nickels
2nd place	1,000 nickels
3rd place	500 nickels

The DQ Triathlon

THE DAIRY QUEEN YOUTH TRIATHLON is a fun event for children. The course will require about 30 minutes to complete. Teams are not allowed. The DQ YOUTH TRIATHLON begins at Laurentian Beach. Participants swim 100 metres in waist deep water and run back to the Athletic Stadium a distance of .5 kilometres. At the stadium, the participants begin a 3 kilometre course that ends back at the stadium. Starting time for the event is 12:00 pm, Sunday, August 7, 2005.

ALL participants must register on Saturday, August 6, 2005 between 3:00 p.m. and 7:00 p.m. at the Laurentian University Athletic Stadium.

For participants under 18 years of age a parent and/or guardian must sign the waiver at registration.

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**Beaton
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sudbury fitness challenge

