

## LAKE WHITTAKER

Lake Whittaker is a 26-acre spring fed lake with two beaches and plenty of surrounding camping. There is a 7 kilometre non-surfaced trail that is ideal for running. A paved road leads into the conservation area for easy access.



Kettle Creek Conservation Area  
[www.kettlecreekconservation.on.ca](http://www.kettlecreekconservation.on.ca)  
 (519) 269-3592

**WELLINGTON**  
 CHIROPRACTIC



**SIMON DEARING**  
 BIKE FIT SPECIALIST - BIKE MECHANIC  
 NCCP & ARCC CERTIFIED - SPINOKIDS INSTRUCTOR  
 Tel: (519) 432-2289 Call: (519) 802-4586  
 SIBOMAXIMIZING@YAHOO.CA

**RUNNERS' CHOICE**



**SwimGraphics.com**



**Elgin County Races**  
**ECR**  
 The Entertainment Grows You!



**Sheri Fraser Coaching**

78 Greenbrier Crescent  
 London, Ontario N6J 3X9  
 (519) 474-3759

[sfraser12@hotmail.com](mailto:sfraser12@hotmail.com)  
[www.sherifraser.net](http://www.sherifraser.net)

*Lake Whittaker*

*Kettle Creek Conservation Authority*

**SPLASH  
 'N'  
 DASH**

*Wednesdays @ 6:30 p.m.*

*May 28 — August 27, 2008*



## WELCOME !!

Welcome to an exciting new training series that offers a fun and challenging workout for beginners to advanced levels of competition and fitness.

Events consist of a 1-lap, 750-metre swim or a 2-lap, 1,500-metre swim followed by a 5 to 7 kilometre run.

Each week the run will vary from scenic trails to quiet country roads.

The Lake Whittaker Splash 'n' Dash Series is open to individuals and relay teams.



## REGISTRATION

Participants may pre-register or show up on race day.

Pre-registration payments must be received by the Tuesday prior to that week's event.

Registration forms may be found on [www.sherifraser.net](http://www.sherifraser.net)

Cheques may be made payable to:

Sheri Fraser Coaching  
78 Greenbrier Crescent  
London, ON N6J 3X9

## FEES

### PRE-REGISTRATION

Individuals	Teams
\$20 (OAT members)	\$30 (OAT members)
\$26 (non-OAT members)	\$40 (non-OAT members)

### RACE DAY REGISTRATION

Individuals	Teams
\$23 (OAT members)	\$30 (OAT members)
\$29 (non-OAT members)	\$43 (non-OAT members)

Cash & Cheques Will Be Accepted on Race Day

### SIX-PACK SERIES PACKAGE

Ontario Association of Triathletes (OAT) members may take advantage of the pre-paid 6-pack series is available for \$100. Proof of OAT membership will be required.

Purchasing this 6-pack will guarantee you a spot at any six races you choose.

Please note, the 6-pack series is not transferrable nor is it to be shared by multiple persons or teams.

A portion of these fees will be donated to Saunders Secondary School Cross-Country and Track & Field team and the Kawasaki Disease Foundation [www.kdcanada.ca](http://www.kdcanada.ca)

### ENTRANCE FEE TO PARK

A \$7 entrance fee per vehicle is required, including bikes.

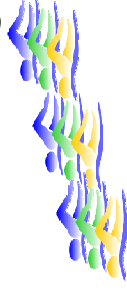
If you plan on doing multiple races we strongly recommend that a \$60 season pass be purchased. This will allow entry into the park 7 days a week for the entire year.

Information for the yearly pass can be found on [www.kettlecreekconservation.on.ca](http://www.kettlecreekconservation.on.ca)

## CLINICS

If you are new to open water swimming or triathlon, on-site clinics will be offered throughout the series

### Open Water Swimming Clinics



### 1-day Beginner Triathlon Clinics



### 3- and 4-day Triathlon Camps

*Recommended for Novice to Experienced Triathletes and Duathletes who want to add the Swim !!*

All clinics will be led by qualified and experienced coaches

