

**Island Rec's 9<sup>th</sup> Annual Jon Pettingill Memorial Triathlon, Relay Race and  
Splash, Peddle and Dash  
June 18, 2005**

**Race Day and Time** Saturday, June 18th, 9:00am at Lakedale Resort, San Juan Island.  
Mandatory Pre-Race Meeting: 8:30 a.m.

**Entry Fees:**                   **Please note: Non refundable June 14th onwards.**

**Triathlon**                   \$40.00 for registrations received by June 3<sup>rd</sup>.  
Registrations received by June 17<sup>th</sup> \$50. Race Day \$55

**Relay Race**               \$30.00 per racer for registrations received by June 3<sup>rd</sup>.  
Reg. received by June 17<sup>th</sup>, \$40 per racer. Race Day \$45

**Splash, Pedal and Dash**

Saturday, June 18th - 12:00 noon race start at Lakedale Resort  
\$15 for registrations received by June 3<sup>rd</sup>.  
Registrations received by June 17<sup>th</sup>, \$20. Race Day \$25

**Register:**                   Mail the completed entry form with a check for the entry fee payable to Island Rec  
to **Island Rec, P.O. Box 1946, Friday Harbor, WA 98250** or drop it by Island  
Rec's office at 580 Guard Street. To pay by credit cards go to [www.active.com](http://www.active.com)

**Registration Deadline:**   We will accept registrations up to 8:30 a.m. on the day of the race.  
Deadline for on line registration is noon June 17.

**Race Packet:**               Pick up race packets at Island Rec, 580 Guard Street on Friday June 17  
between 1-5 pm or at Lakedale on race day between 7:30 - 8:30 am.

**Proceeds:**                 All proceeds generated by this event will benefit Island Rec's scholarship  
fund, which provides children the opportunity to participate in our  
recreation programs.

**Lodging/Camping:**   Lakedale Resort at (360) 378-2350 or [www.lakedale.com](http://www.lakedale.com).

**Course Description:**

**Swim** – A four-tenths of a mile swim on Niva Lake at Lakedale Resort. The swim begins and ends at the beach just past the office and store. Participants swim out and around a buoy and back.

**Bike** – A 22-mile loop that takes participants past some of the Island's most spectacular scenery. The ride begins at Lakedale where participants take Roche Harbor Rd. to Egg Lake Rd. Riders then turn right off Egg Lake Rd. onto Beaverton Valley Rd. and then left onto Boyce Road and right onto Wold Rd. At Bailer Hill Rd., riders turn right, continuing on to Westside Rd. Turn right on Mitchell Bay Rd., then follow Mitchell Bay Rd. and then turn left onto West Valley Rd. passing English Camp before turning right onto Roche Harbor Rd. and returning to Lakedale.

**Run** – A 5.5 mile loop that begins at Lakedale. Participants run on Roche Harbor Rd. and turn right onto Egg Lake Rd. Runners then turn left off Egg Lake Rd. onto a gravel road in the Three Meadows community, following a series of markers to Roche Harbor Rd. Runners then turn left on Roche Harbor Rd. to return to Lakedale and the finish line.

**Splash, Pedal and Dash** – for children ages 7 – 14 – will begin immediately after the triathlon/relay race, approximately at noon. It will consist of a 50-yard swim, a one-mile bike ride and a quarter-mile run, all of which will occur on the property of Lakedale Resort. Participants may wear a PFD

**For more information call Island Rec at (360) 378-4953 or [www.islandrec.org](http://www.islandrec.org)**



